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Tina O'Brien

Britney Spears

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OUR KIDS COME FIRST
How we make it work with our exes

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Are they the new Kimye?

A different direction

Do you think One Direction are nothing more than a manufactured bunch of vain ninnies who, like all boybands, contain the seeds of their own destruction? Or are you suffering Zayn pain – taking to your bed and weeping copiously because Zayn Malik has decided to leave the band?

Like me, you're probably somewhere in the indifferent middle. But I like the idea that Zayn's left a globally successful band to lead 'a normal life' with his girlfriend, Perrie Edwards of Little Mix. It's less egotistical than leaving due to artistic differences and a belief you could have a glittering solo career – usual motives for these types of splits.

So I wish Zayn the best of luck – though he's blown 'normal' as a way of life. Few 22-year-olds have earned in excess of £30 million and even fewer have girls threatening to self-harm as they'll no longer be able to hear them sing 'Na na na na na na na na' or 'Ah woo ooh oh ooh.' (lyrics from two of 1D's greatest hits.)

Jane Ennis EDITOR-IN-CHIEF

MAKING IT WORK

Their relationships may have ended, but these couples stay close for their children

BRITNEY & KEVIN: CO-PARENTING IS GREAT

Britney and Kevin go to their sons' sports matches together

Following a family picnic with her sons and her boyfriend, producer Charlie Ebersol last week, Britney Spears said she was 'sincerely the happiest' ever.

'My priorities are straight,' she says. 'Making my family number one and being consistent with that.'

The 33-year-old *Work B**ch* singer takes summer off work to spend time with Sean, nine, and Jayden, eight, and tries to give them the most normal upbringing possible. Speaking to US mag *People,* she says: 'My kids come first in my life, bottom line.'

She's even been pictured attending the boys' football matches with their dad Kevin Federline, and his wife Victoria Prince.

Britney and Kevin's relationship has come a long way since her breakdown and their messy divorce in 2007, in which Kevin was handed custody of the kids, although they later reached an agreement in which they shared joint custody.

'Co-parenting with Britney's great,' Kevin, 37, said last month. 'We talk when we need to, mostly about the boys' school stuff. The way everything's turned out, everyone's happy.'

Last week, a smitten Britney admitted: 'I'd love to get married. I believe in the fairytale. And I'd love to have one more kid, a mini-me. That would be fun!'

TINA & RYAN: NO HARD FEELINGS

Tina says Ryan is great with Scarlett

Tina O'Brien and Ryan Thomas welcomed their daughter Scarlett into the world in October 2008 after five years together.

They split a year later but, with Tina making a return to *Coronation Street* this month as Sarah Louise Platt, the former teen mum who dated Ryan's on-screen alter ego Jason Grimshaw, they'll have to get used to seeing each other on a daily basis again.

Speaking of her decision to come back to the show after an eight-year break, Tina, 31, says: 'Ryan thought it was a really good idea. He's been lovely and supportive and has been really helping out with Scarlett as well.'

Tina's now loved-up with her personal trainer Adam Crofts and they have a five-month-old son, Beau.

But proving that there are no hard feelings between the exes, Ryan, 30 – who is currently single – says: 'I care about Tina a lot, she's the best thing in the world. I'm very happy with the set-up and everyone gets on. It's really good.'

for the kids

SUSANNA & DOMINIC: LIVING TOGETHER

Susanna and Dominic have made their split work

Being in the same room as your ex-partner after a split isn't exactly the easiest situation in the world.

But not for Susanna Reid and Dominic Cotton.

A year after they split, the world's most amicable exes (alongside the famously 'consciously uncoupled' Gwyneth Paltrow and Chris Martin) are still living under the same roof – despite Dominic, 48, having a new girlfriend.

And Susanna, 44, approves of her ex's new love, Adela Straughan. 'I'm really happy he's met a lovely woman,' she says.

Speaking about the very modern set-up, the *Good Morning Britain* presenter says she's 'going through a very good divorce', which entails living 'separately, but together.'

Charity worker Dominic and Susanna were together for 16 years and have three children – Sam, 12, Finn, 10, and Jack, nine.

'We co-parent really well,' she says. 'It's nice for the children that they know Mum and Dad are still there.'

DENISE & LEE: BEST FRIENDS

Lee and Denise divide care of Betsy equally

After meeting on BBC singing contest *Any Dream Will Do*, TV presenter Denise Van Outen and actor Lee Mead married in 2009.

A year later, their daughter Betsy came along.

Unfortunately, Denise, 40, and Lee, 33, split in 2013 but are still 'best mates' for the sake of their daughter, who's now four.

'We are one of few amicable break-ups,' says Denise. 'We go out for dinner with Betsy and we just hang out a lot. That's really important to me,' she says. 'Lee's a really, really good dad. We split the childcare equally. We don't have any set rules – we just sort it out between us and it works.'

Lee also cites the importance of their shared friendship: 'Our main focus is making sure Betsy is secure and loved – which she is. Ultimately it's about her feeling happy and safe and both Mummy and Daddy love her to bits.'

Denise, who makes her *EastEnders* debut next week, is now dating stockbroker Eddie Boxshall, while Lee remains single.

Rebecca Greenow, Katherine Parkes

Photos: FameFlynet, Rex Features, Xposure

‘IT WAS THE BAND OR PE

I CHOSE HER’

Harry broke down on stage at 1D’s gig in Indonesia hours after Zayn told him he was going

As Zayn Malik quits One Direction for good, we reveal how he:

- Wanted to prove his commitment to fiancée Perrie Edwards by leaving the band – and the pair want to marry this year
- Broke the news to Harry Styles in a tearful hour-long phone call
- Has changed his number so he can fully move on
- Went house-hunting with Perrie in South London
- Was offered a £1m solo deal but turned it down

It was the news One Direction fans the world over had been dreading, but last week Zayn Malik announced he has quit the band for good.

‘My life with One Direction has been more than I could ever have imagined,’ he said in a statement on the band’s Facebook page on Wednesday.

‘But, after five years, I feel like it is now the right time for me to leave.’

He apologised, saying he had to do what felt right ‘in his heart’, and added, ‘I am leaving because I want to be a normal 22-year-old who is able to relax and have some private time out of the spotlight.’

Zayn had been signed off from 1D’s world tour with stress the week before, following weeks of increased pressure and scrutiny of his personal life.

Although the star is engaged to Little Mix’s Perrie Edwards, 21, he was photographed holding hands with Essex girl Lauren Richardson on a night out in Phuket, Thailand, earlier this month, sparking reports that he’d cheated.

Zayn denied the reports on Twitter, saying, ‘I’m 22 years old... I love a girl named Perrie Edwards. And there’s a lot of jealous f**** in this world. I’m sorry for what it looks like.’

The singer flew home from the Far East for crisis talks with Perrie, who emerged from a five-hour chat at their North London home with her bags packed and minus her engagement ring.

Shortly after, Zayn made the brave decision to quit 1D in a bid to win back his girl. The band – formed by Simon Cowell on *The X Factor* in 2010 – have become a world-wide phenomenon, selling more than 50 million records and earning Zayn a personal fortune of £30 million.

Friends say he deliberated for a long time over his choice, but ultimately believed his decision to fight for Perrie and focus all his efforts on their relationship was right. He’s now vowed to marry her before the year is out. ‘She’s a good girl,’ he says, ‘very supportive.’

EMOTIONAL CALL TO HARRY

Zayn broke down in tears in an hour-long phone call to Harry Styles, as he finally admitted he wanted out. ‘They were both in floods of tears,’ says our band insider.

‘Harry was hoping to talk him round and get him back on the tour. He had no idea he was going to drop the bombshell and say he was leaving.’

Zayn phoned Harry at 2am the day before he made his announcement to quit.

‘Zayn said, “It’s my life with Perrie or my life with the band. I can’t do both. I can’t go on.”’

Just hours after the conversation, Harry, 21, couldn’t contain his emotions, breaking down in tears on stage at 1D’s gig in Jakarta, Indonesia. Liam Payne expressed his sadness in a statement on Twitter, saying, ‘This last week has been some of the worst times. It’s something we are all deeply saddened by.’

Following the announcement of his departure, hysterical 1D fans – known as Directioners – took to social media in their millions to express their grief and in their shock, some disturbed fans resorted to self-harm.

Many said they couldn’t stop crying and some compared Perrie to Yoko Ono – the widow of the late John Lennon, who is often blamed for The Beatles disbanding.

However, friends say Perrie was as surprised as anyone when Zayn told her he was going to leave.

‘Perrie was really shocked, she never asked him to leave the band over this,’ says the insider. ‘They both know this is just the start of a really tough journey to get their relationship back to where it was. But now the wedding’s back on, at least they have something to aim for.

‘It’s early days, but Zayn has agreed to do anything she wants to prove he’s serious about them. He’s changed his mobile number so Lauren or any other girl who he was even remotely friendly with can’t get in touch. He wants it all to be about Perrie now, no outside distractions at all.’

HE WANTS BABIES WITH PERRIE

Zayn and Perrie were spotted house-hunting in South London last week and she was later pictured with a smile on her face, her engagement ring back in place.

‘Zayn was tearing himself apart for days trying to work out what to do,’ says the source. ‘He and Perrie hadn’t slept for 48 hours because they were talking through everything. Zayn told her she means more to him than any career or any band.

‘He said he wants to go ahead with the wedding, have kids and build a future with her. He’s absolutely certain it’s what he wants and she was delighted to hear it. He’s putting her first.’

Despite being sure he’s made the right choice, the Bradford-born star admits he feels he’s let the fans down, saying, ‘I haven’t turned my back on them, I just can’t do this any more. I tried to do it to make them happy, but it wasn’t real to me.’

Photos: FameFlynet, Getty, WENN, Youtube

RRIE

Liam, Niall, Louis, Zayn and Harry formed the band in 2010 after appearing on The X Factor

Zayn – who's rumoured to want a career in rap – worked on a single, *One Chance To Dance,* with rapper Naughty Boy last July.

The track was dropped from 1D's album, but the pair are said to still want to release it. Zayn's also rumoured to be working on a solo project with Labrinth, while 50 Cent has offered to mentor his rap career to help make him 'credible'.

Sources suggest Zayn has already been offered a lucrative £1 million record deal, but turned it down out of respect for his old bandmates, Harry, Louis Tomlinson, 23, and Niall Horan and Liam Payne, both 21.

'Zayn is a very genuine guy and, as things stand, he says he couldn't bear to betray his bandmates by launching his own career so soon. It is, however, something he would consider in the future.'

And Zayn says his sudden departure won't necessarily signal the end of One Direction. 'They'll carry on. They're going to be cool,' he says.

And Liam told fans: 'It's OK to be upset, but keep the faith. It's far from over, there's a lot more to come.'

Kelly Jenkins

Reveal says

'We hope Zayn is a lot happier after making this life-changing decision. Best of luck!'

Perrie and Zayn were house-hunting in South London just hours after he quit

Daddy's GIRL

Kim Kardashian West and hubby Kanye show their softer sides, doting on daughter North during a family day at the beach

Kanye West doesn't smile that often, but daughter North had him grinning and laughing with joy when they spent the day on a Californian beach last week.

The doting dad showed his softer side as he played with his little girl and scooped her up in his arms on the beach in Malibu.

The rapper, well known for his moody expressions and fiery temper, looked laid-back and comfortable as he spent some downtime with his daughter, who turns two on 16 June.

Kanye dressed down in a black T-shirt, casual jeans and trainers for their beach day, while North looked adorable in her cut-off denim shorts, little vest and cute little topknot.

Glam mum Kim, 34 – decked out in a tight olive green skirt, vest top and Jimmy Choo heels – watched her husband and daughter from nearby and took photos of them as they played by the sea.

Following their fun in the sun, the family of three retreated to nearby Nobu restaurant for lunch.

Kim and Kanye are desperate for another baby to give North a sibling and have admitted to 'having sex 500 times a day' to conceive. On a recent episode of *Keeping Up With The Karshians*, Kim was seen visiting a fertility expert and monitoring her ovulation dates, as well as sharing the info that she'd had sex with her husband in the toilets on a photoshoot, to give her the best chance of conceiving.

Sisters Khloé and Kourtney advised her to stop trying so hard and, judging by their relaxed day at the beach, it seems Kim and Kanye have taken their advice and given babymaking a rest.

Kelly Jenkins

Kim wore her heels to the beach – as you do!

Photos SplashNews

Every day is a catwalk for Kim!

'Dad, I can fly!' North enjoys a ride from Kanye

Kanye's all ears when it comes to his tiny daughter

Has Kanye spotted an approaching seagull?

North does her best performance of Incy Wincy Spider

Is she asking Kanye if she can get her first manicure?

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Angelina Jolie has taken the decision to remove her ovaries and fallopian tubes after doctors feared she might be in the early stages of cancer

‘MY KIDS WON’T HAVE TO SAY THAT MUMMY DIED OF CANCER’

It’s been just two years since Hollywood star Angelina Jolie had a double mastectomy, but now she’s had some of her reproductive system removed too, after another health scare.

Earlier this month, blood tests detected potential anomalies linked to ovarian cancer, and the 39-year-old actress made the decision to remove her ovaries and fallopian tubes to avoid it developing.

The operation has forced Angelina into an early menopause and she can no longer have any more children.

Addressing the surgery and her decision behind it in a personal, open letter to *The New York Times*, the mum-of-six wrote: ‘I feel feminine and grounded in the choices I am making for myself and my family. I know my children will never have to say, “Mommy died of ovarian cancer.”’

In May 2013, Angelina had her breasts removed after discovering she was carrying genetic mutation gene BRCA1 – which carries an estimated 87 per cent risk of breast cancer and 50 per cent risk of ovarian cancer.

Sadly, she knew all too well about the disease as her mum Marcheline Bertrand – also an actress – lost her battle with breast cancer aged 56 in 2007. Her grandmother and aunt also died from cancer at about the same age.

At the start of March, the Oscar-winning star received a phone call from her doctor – who had also treated her mum – telling her about the anomalies and urging her to see a surgeon immediately.

Angelina said: ‘I went through what I imagine thousands of other women have felt. I told myself to stay calm, to be strong, and that I had no reason to think I wouldn’t live to see my children grow up and to meet my grandchildren.’

Angelina phoned film star husband Brad Pitt, 51, who was in France, and he was on a plane back to LA as soon as possible.

She said: ‘The beautiful thing about such moments in life is that there’s so much clarity. You know what you live for and what matters. It is polarizing and peaceful.

‘The same day I went to see the surgeon who had treated my mother. I last saw her the day my mother passed away, she teared up when she saw me: “You look just like her.” I broke down. But we smiled at each other and agreed we were there to deal with any problem, so “let’s get on with it.”’

Angelina was told she was cancer-free, but with such a high chance of developing the disease, she decided to go ahead and remove her ovaries and fallopian tubes to prevent it happening.

‘In my case, the doctors agreed that surgery to remove my tubes and ovaries was the best option,’ she says, ‘because on top of the BRCA1 gene, three women in my family have died from cancer.’

She kept her uterus, as womb cancer is not part of her family history.

Although she’s taking hormone replacement drugs, Angelina’s now going through an early menopause.

Brave Angelina added: ‘I will not be able to have any more children and I expect some physical changes.

‘I feel deeply for women for whom this moment comes early in life before they have had children. Their situation is far harder than mine.’

Rebecca Greenow

Kelly O’s revelation

Kelly Osbourne also has the BRCA1 gene and, like Angelina, will have preventative surgery. Kelly’s mum Sharon, 62, fought colon cancer in 2002 and had a double mastectomy in 2012 after tests revealed she had the same gene.

‘My mum made us get tested after she found out she had it and got her mastectomy,’ says Kelly, 30. ‘I agree with this 100 per cent. I know one day I’ll have to do it because, if I have children, I want to be there to bring them up.

‘I applaud Angelina for it because she’s bringing attention to this and people are now going to go out and get tested for it.’

Photos **Rex Features**

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Bieber & Kendall

'MOVE OVER, KIMYE!'

There's romance brewing between model Kendall Jenner and singer Justin Bieber – and they have big plans to become Tinseltown's new super couple

There's nothing more powerful in Hollywood than two stars becoming a couple.

Take Kim Kardashian West and her hubby Kanye, for example. It's thought that after seeing her older sister's popularity go through the roof since hooking up with the rapper, model Kendall Jenner, 19, and her rumoured new love interest, Justin Bieber, 21, want a piece of the action.

Last week, they proudly showed off their joint photoshoot for April's *US Vogue*. In it, the pair cosy up to each other poolside, with Kendall caressing Justin's bare bod – and that's just the beginning of them as a duo.

'Justin thinks he and Kendall have what it takes to be the next generation Kim and Kanye,' a source tells us.

'He sees himself as a true musical artist like Kanye, and believes Kendall is rivalling her older sister Kim when it comes to fame and fashion.

'He knows Kendall has the potential to establish herself as one of the next great supermodels. With him as an already experienced mentor – he helped Carly Rae Jepsen make it as a pop star – he wants to have a hand in Kendall's success on the runway.

'Kendall's definitely warmed to the idea and has started to let herself get wooed by the Canadian star.

'Seeing him model with Lara Stone for Calvin Klein was a real turning point. She recognised that joining forces with Justin would be a smart move.'

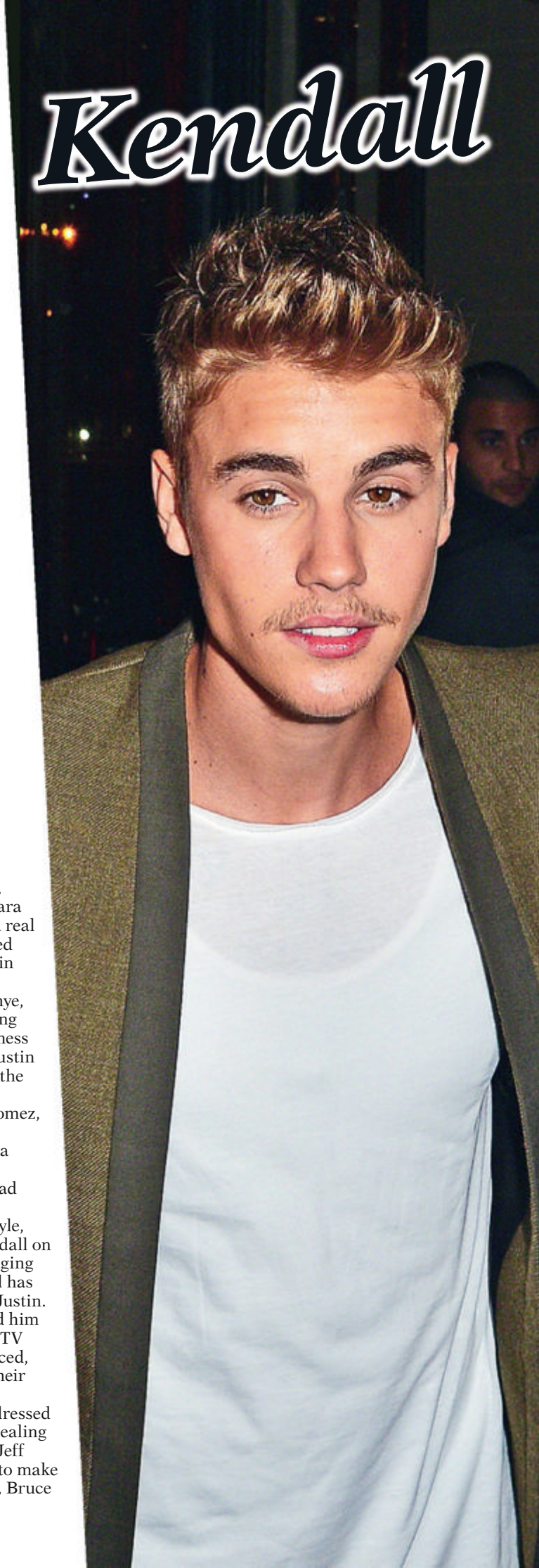
Just like Kim, 34, and Kanye, 37, there's more to this pairing than a straightforward business deal, as it's rumoured that Justin and Kendall genuinely have the hots for each other.

Last year, his ex Selena Gomez, 22, reportedly fell out with Kendall during the Coachella festival in California after noticing how close her pal had become to her former beau.

In true Hollywood-feud style, Selena even unfollowed Kendall on Twitter. But, despite it damaging the girls' friendship, Kendall has continued to hang out with Justin.

Last month, she supported him at his *Comedy Central Roast* TV show and it didn't go unnoticed, with comics poking fun at their 'secret romance'.

Comedian Kevin Hart addressed the 'rumours that Justin is dealing with Kendall Jenner', while Jeff Ross cruelly used their link to make fun of her transitioning dad, Bruce



Photos **Corbis, Instagram**

Kendall shared a snap of her shoot with Justin on her Instagram page

Instagram/kendalljenner

Jenner. He said: 'Kendall, if you and Justin get married, who's going to give you away? Only man in the family is [your sister] Khloé!'

THE KARDASHIAN SEAL OF APPROVAL

While Kendall and Justin have kept schtum on the rumours, as the latest *Vogue* pictures show, things are definitely hotting up between them.

Our source says: 'It's no secret that Justin absolutely adores Kendall. Their relationship has – for the most part – remained platonic, but now he's making it clear he wants something more serious with her.

'She also thinks he's completely adorable. There's no denying the pair have amazing chemistry, and they love working together on shoots.

'They've already been planning to spend more time with one another, and with summer coming up there's going to be plenty of opportunities to see if things can work out.

'Justin's certainly hoping it'll turn into a summer of love and is planning on them jetting off together somewhere romantic.'

Luckily, it seems Kendall's mum, Kris Jenner, approves of them buddying up. Last week, she tweeted: 'So proud of these two!! My girl @KendallJenner and @JustinBieber.'

It's not surprising, as Kris knows well how much value there is to a superstar couple – her daughter Kim and hubby Kanye are estimated to be worth $155 million (£104 million) since their 2014 wedding, and as Kim's manager, Kris takes a cut of the profit.

Our source adds: 'Kendall is very savvy when it comes to her career and she's serious about becoming a household name in the fashion industry.

'She saw how Kim completely transformed her career through her relationship with Kanye, and wonders if she and Justin could do the same.

'She watched Kim grow from being Paris Hilton's unpaid stylist to becoming a muse to some of the world's hottest fashion designers. Kim's journey is staggering and she's been giving Kendall advice every step of the way.

'They'd never admit it, but they both know Kanye has been the key to Kim's success, and Kendall feels Justin could propel her in the same way.'

Rebecca Greenow

Reveal says

'There's no denying Kendall and Justin look good together, but which sounds best: 'Justall' or 'Kentin'?'

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Elliott says he wants to be with Chloe...

... but he revealed he's probably moving to Spain

ELLIOTT TO CHLOE: *'I'm moving to Spain'*

Muscle man Elliott Wright may appear to be one of Essex's tough guys, but he's fallen hook, line and sinker for Chloe Sims, 32, over the past year.

But now it looks like Elliott, 34, may have scuppered his chances at another reunion.

The long-term friends started dating last summer but have split several times over their constant rowing and Elliott's controlling ways.

Last week, the tension between the pair came to a head when they clashed once again.

Elliott confided in James Lock: 'When we're together, she wants to marry me and have my baby. When we're apart, she completely blanks me.'

Cue an emotional chat between Chloe and Gemma Collins in which the mum-of-one confessed: 'I just want to spend time on my own'.

Elliott dropped the bombshell that he'd been offered the chance to take over a restaurant in Marbella, which he accepted. His two children from his first marriage also live in Spain.

Choking up, he told a tearful Chloe: 'It means me leaving Essex. I don't know if we can work it out. If I do go, I'm going to miss you'.

A resigned Chloe seemed to agree with the move but Elliott later tweeted a snap of a Christian Louboutin shopping bag, hinting he could be trying to win her over.

If it goes wrong Elliott, send those shoes this way!

TOWIE REUNIONS AND *runaways*

The course of true love never did run smooth for Essex couples, but what do the latest revelations mean?

CHLOE TO JAKE: *'Prove you love me'*

He only joined the cast of *TOWIE* a few weeks ago, but we've already seen more than we needed to of semi-professional footballer Jake Hall, 24.

But it's not us Jake wanted to impress when he showcased his todger in a pair of tighty-whities last week on a day out in South Wales.

Enjoying a beach date in Porthcawl with his on/off girlfriend of six-years, and fellow *TOWIE* newbie Chloe Lewis, 24, Jake appeared to have wormed his way back into her good books after sharing a cheeky snog with Lauren Pope last fortnight.

He grovelled to Chloe, telling her exactly why he loves her and promised he would do anything to prove his commitment.

Taking him up on his offer, Chloe dared her lovestruck beau to run into the freezing cold sea, where he emerged shouting 'I love you!' in a near-naked state – and probably with the flu.

It's a huge change from the pair's bickering just days before their getaway.

'I'm tired of sitting at home while you have your fun,' Chloe fumed last Wednesday. 'You aren't just kissing other girls. You slept with Lauren.'

While Jake denied the accusations, it looks like his sea streak has won his gal over.

Men – please don't try this at home!

Lauren Hills

Has he managed to win Chloe over?

Jake's sea stunt went a bit wrong!

Photos: Rex Features, WENN

KIM GOES BACK TO *black*

Kim Kardashian West reverts back to her dark locks as the upkeep for her platinum blonde 'do proves too much

Kim's blonde hair required almost daily root touch-ups

Nori looks pleased now her mum's a brunette again

Kim's hair looks much shinier now it's back to its natural colour

It took three weeks, numerous touch-ups at the hair salon and a LOT of bleach for Kim Kardashian West to make the wise decision to go back to her natural hair colour.

The reality TV star, 34, showcased her new dark brunette look last week after shocking the world with her platinum locks at Paris Fashion Week at the start of March.

After admitting being blonde was 'a full-time job' because of the constant root regrowth, Kim dyed her hair back to its natural colour.

And 21-month-old daughter North looked happy to have her old mum back as she was picked up from a ballet class in LA.

The little girl was distraught when her mum first dyed her hair blonde because she no longer recognised her.

'Nori started crying the minute Kim tried to hold her,' says a source. 'She was kicking and screaming because she was so freaked out. It took Kim a good hour or two to calm her down.'

And, if that wasn't a good enough reason, rapper Kanye West's famous missus was also having a bad reaction to the bleach.

'Her stylists used the strongest bleach on the market because her hair is so dark,' adds the source. 'But it aggravated her skin and was totally destroying her hair.'

Kim reverted back to her natural shade three days after a family day out at a Malibu beach, where her blonde locks looked dry and lank and were tied back in a ponytail (see pages 8 and 9).

Kelly Jenkins

Photos Rex Features, Splash News

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Play Poldark bingo

Ross is hot, the Cornwall scenery is lush and seven million of us have been glued to BBC1 at 9pm on Sundays for Poldark. Novelist Marian Keyes has created her own way to enjoy the steamy drama: Poldark bingo!

If you're a fan of BBC1's period drama *Poldark*, here's another way to get even more out of your fave Sunday evening fix – by playing *Poldark* bingo.

The game was invented by bestselling novelist Marian Keyes as a tongue-in-cheek tribute to the series and she's kindly let us reprint it here so you can play along during the next episode.

Basically, whenever you spot something that's featured on the bingo card, you mark it off and take a swig of (preferably Cornish) alcohol or a bite of some suitably Cornish food – perhaps a nice pasty. Or if you'd prefer, just mark the card off!

Marian, whose latest novel *The Woman Who Stole My Life* is out now, says: 'It came about from a conversation me and my husband Tony were having one Sunday morning about *Poldark* being on that evening: we were having a laugh, saying that 37 minutes of each episode is the same footage of Ross [played by Aidan Turner, 31] galloping along the edge of a cliff.

'That started both of us listing off all the cliches that had occurred in the first few episodes and even though we like the show, we were killing ourselves laughing.

'I don't know where the idea to do it as a bingo card for Twitter came from. Mind you, I spend most of my life on Twitter and any opinion I have, I feel it doesn't really exist until I've tweeted it.

'Also I'd noticed a massive increase in people on my timeline tweeting about Ross, so I thought people would get a laugh from a *Poldark* bingo card.

'The whole thing came together very quickly – like, in about 10 minutes. And I don't think anything I've ever tweeted before had so many retweets (about 500.)'

Follow Marian on Twitter @MarianKeyes

ark Bingo

Demelza spoons with her dog		There's a shot of a dry stone wall	Peasants wearing sawn-off socks as hats	Demelza shows an interest in 'book learning'
Verity is disappointed	Ross commands someone to 'saddle my horse!'	Peasants with green teeth cheer Ross on as he opens the mine		Ross and Elizabeth exchange meaningful glances
	Aunt Agatha says something controversial	Ross strides purposefully when a normal walk would suffice	Ross gallops along the cliffs on his horse	Jud is comically grumpy
The saucy minx in the tavern puts the moves on Ross	Jud and Prudie drink the master's alcohol		Francis, his chin wobbling, notices Ross and Elizabeth exchanging meaningful glances	
Ross looks like he's backcombed his hair for 20 minutes	Jud warns Demelza not to get ideas above her station	Demelza does her comedy curtsey	Ross takes his shirt off	

Poldark Bingo

COUPLES CONFIDENTIAL

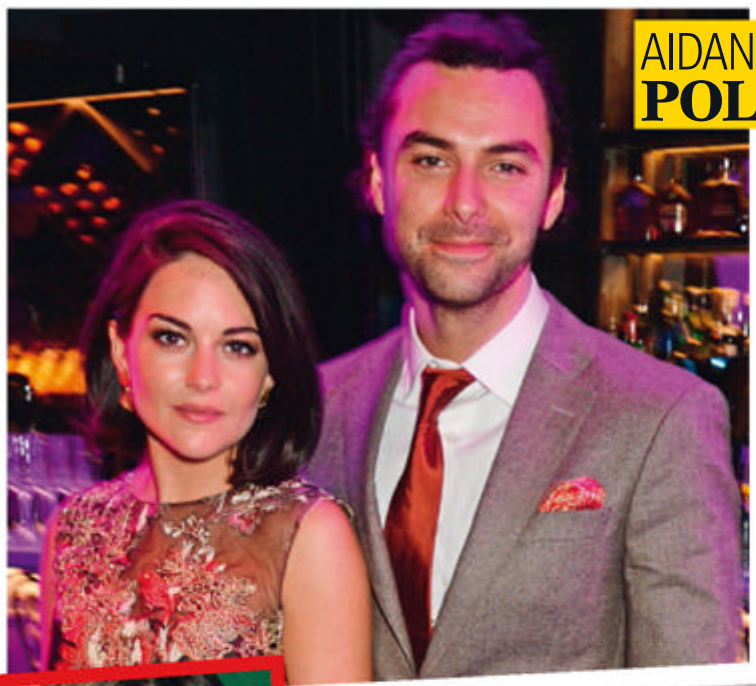
Your weekly temperature check on celeb romances

ELLE & JEFFREY
SURROGATE BABY

Supermodel Elle Macpherson could be set to become a mother for the third time at the age of 51. The gorgeous Aussie is said to be considering using a surrogate to carry a baby for her and billionaire husband Jeffrey Soffer.

Elle – mum to sons Arpad Flynn, 17, and Aurelius Cy Andrea, 12, with financier Arpad Busson – reportedly chose surrogacy after failing to get pregnant.

Elle and Jeffrey wed in Fiji in July 2013 and have been keen to have a child since. A source says: 'They realised after a few months having a baby naturally was a lost cause and barely discussed adoption – they agreed on surrogacy quite quickly. Elle thanks her lucky stars she had the foresight to freeze her eggs.'



AIDAN & SARAH
POLDARK PROPOSAL

It's the period drama everyone's talking about – mainly because of its handsome leading man. But *Poldark*'s Aidan Turner is taken.

The 31-year-old hunk proposed to Sarah Greene, an actress who's appeared in the West End, just before Christmas. A source says: 'They're a really close and happy couple and marriage is the logical next step for them. Sarah's perfect for him, she's very protective. They don't go for the glitzy side of the business – they're happier spending quiet evenings playing Scrabble.'

Irishman Aidan, who's been with Sarah – also Irish – for three years, has said he wants to keep his private life to himself. 'I don't want people to know about me,' he says. 'It allows me to do more if they aren't in tune with what Aidan Turner's all about.'

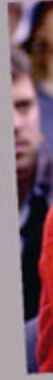
Photos Empics, Getty Images, Rex Features, Xposure

THE ROCKY ROAD OF LOVE

ELIZABETH HURLEY, 49

Liz and Hugh Grant got together after meeting on a Spanish film set in 1987. She shot to worldwide fame when she accompanied him to the premiere of Four Weddings And A Funeral in 1994, wearing that Versace safety pin dress. The pair stayed together for 13 years, even weathering a cheating scandal when Hugh, 54, was caught with a prostitute. They split in 2000.

Two years later, Liz gave birth to her son Damian Charles Hurley, now 13. The baby's father, billionaire Steve Bing, denied paternity and said their relationship was a fling – but a DNA test proved he was the dad. Hugh is Damian's godfather.



ORLANDO & MIRANDA
EXES WITH BENEFITS

They split in October 2013, but now it seems Orlando Bloom and Miranda Kerr are hooking up again. Sources say the pair – who have a four-year-old son, Flynn – are 'enjoying hooking up when the mood and opportunity strike'. The source says the arrangement works for both and they even think it is beneficial for their son.

Miranda, 31, and *The Hobbit* star Orlando, 38, started seeing each other in 2007 and they wed in 2010. Miranda has since been linked to billionaire James Packer and Justin Bieber, while Orlando was linked to Justin's ex Selena Gomez.

Late last year, the Australian model admitted she still has feelings for her ex, saying: 'We both love and care about each other and genuinely want each other to be happy. We do everything to make sure our relationship is harmonious.'

LOUIS & ELEANOR
DIFFERENT DIRECTIONS

One Direction's Louis Tomlinson has split from long-term girlfriend Eleanor Calder.

The pair – who started dating in autumn 2011 – called it quits a few weeks ago, but kept the news to themselves.

A source says: 'Louis and Eleanor split a while ago. They have not announced this as they want some privacy during this time.'

The announcement comes shortly after Louis, 23, was pictured kissing a mystery girl in a pool in Bangkok, Thailand. Model and student Eleanor, 22, has since been comforted by her family.

'Louis is really upset about it all,' says a source. 'They tried really hard to make it work but it was just impossible. He's away for nine months a year and they just grew apart.'

Liz married textile heir Arun Nayar in 2007 after five years of dating. They split in 2010 and divorced in 2011.

Three months after her divorce in September 2011, Liz got engaged to Australian cricketer Shane Warne, 45. They split in December 2013, following a high-profile romance. Liz is now single, but remains close to Hugh Grant, who she calls, 'The best friend a girl could ever have.'

Kelly Jenkins

TOWIE Mr & Mrs

We put The Only Way Is Essex's power couples – Tommy Mallet, 22, and Georgia Kousoulou, 23, plus James Lock, 28, and Danielle Armstrong, 26 – to the test with our Mr & Mrs-style quiz

APART FROM GEORGIA, WHAT WOULD YOU SAVE IN A FIRE AND WHY?

TOMMY: My shoe collection, I buy new shoes constantly.
GEORGIA: Tommy's shoes because he's obsessed with them. I think he's more obsessed with them than me!
MATCH

WHAT WOULD SHE SAY IS YOUR BEST FEATURE?

T: My legs, I don't know why. The hairs on my legs are white, she likes it.
G: His legs, I love them.
MATCH

WHAT ARE YOU MOST SCARED OF?

T: Getting my shoes dirty, I carry wipes to clean them everywhere I go.
G: Big spoons. He can't use them. If I give him a big spoon with his cereal he freaks out. He has to use a teaspoon.
NO MATCH

WHAT'S GEORGIA'S MOST ANNOYING HABIT?

T: Talking. No, I'm joking – don't say that! Moaning. I don't even listen any more.
G: I bet he said my moaning. I honestly don't moan that much! We've just had a row this morning, can you tell? We're always rowing but we always sort it out.
MATCH

WHAT DOES GEORGIA DO THAT MAKES YOU CRINGE?

T: When she's drunk at the club, she gets lagging.
G: He hates it when I say, 'My girls', when I'm talking about my friends.
NO MATCH
G: I don't even get that drunk, he's such a little liar!

WHAT WOULD GEORGIA GIVE YOU 10 OUT OF 10 FOR? LOOKS, INTELLIGENCE, PERSONALITY OR STYLE?

T: Style! Definitely not intelligence – I can't even spell my own name. I might get a six for looks. My personality is bang on 10, but my style is 20.
G: Style, because he doesn't follow fashion, he just wears what he likes and knows what goes.
MATCH

WHAT OUTFIT OF YOURS IS HER FAVOURITE AND WHY?

T: That's the hardest question you could ask! Lockie and Danielle have got this so easy, because she's just gonna say, 'You know that black outfit he wears?' He wears all black, every day! [After much discussion about his love of clothes]. I honestly don't know. She'll say naked!
G: I love him in a suit.
NO MATCH

HOW MANY KIDS DOES GEORGIA WANT AND WHAT WOULD SHE CALL THEM?

T: Two, and I can't say because she doesn't want people to copy the names.
G: It's a bit early in the relationship to be talking about kids, but I've always wanted two boys – Frankie and Freddie.
MATCH

IF YOU WERE TO PROPOSE, HOW AND WHERE WOULD YOU DO IT?

T: She loves monkeys, so I'd get a trained monkey to come and give her the ring. In my club Circuit [Laughs].
G: I'd want a romantic beach proposal but he'd probably say Circuit!
MATCH

WOULD GEORGIA TRUST YOU TO CHOOSE A WEDDING DRESS FOR HER?

T: One hundred per cent, have you not seen the way I dress? It would be something flash and fitted.

What's her best attribute?
T: *I'd have to say her boobs. But they're not real. Course they ain't, she's from Essex!*
G: *My bum.*
NO MATCH

Tommy & Georgia

G: Yeah, weirdly I would. He'd pick something tight.
MATCH

HOW MANY TIMES DID GEORGIA TAKE HER DRIVING TEST BEFORE SHE PASSED?

T: Seven, I think. She don't know her left from right!
G: Seven. I just got nervous every time and kept panicking!
MATCH

WHAT'S GEORGIA'S PET NAME FOR YOU?

T: She calls me Bubs and Babe, all that soppy stuff.
G: Bubs or Babe. He hates when I call him baby. His nan gave him the nickname Mallet when he was little because he had a big head [Laughs].
MATCH

WOULD YOU RATHER SPEND AN EVENING OUT WITH GEORGIA'S PARENTS OR WITH YOURS?

T: Mine all day long because, even though her family are cool, I've got a proper close family. My parents are mad, they're nutcases and so funny.
G: His parents, because his mum and dad are hilarious. He better not have slagged off my family! My dad's Greek and my mum is Irish, so they're really loud. We've both got huge families, so if we had a wedding and both families came it'd be mad!
MATCH

WHO IS GEORGIA'S BIGGEST FOE ON THE SHOW?

T: At the moment it's Fran Parman. Basically, Fran sits indoors with her cats all day like a cat lady and, because she didn't get any screen time on *TOWIE*, she decided to make up a cheating allegation about me.
G: Fran. She tried to break us up.
MATCH

WHO IS YOUR FAVOURITE MEMBER OF THE TOWIE CAST, PAST OR PRESENT?

T: Arg, because of the time he ran out of Jasmin Walia's house when they were on a date. Her mum had made them sandwiches and when they all left the room, he sprinted out. Quality! He's been my best mate for years.
G: Arg. He's lovely. He's a true friend.
MATCH

TOTAL: 12 MATCHES OUT OF 16

Lockie & Danielle

WHAT'S YOUR FAVE OUTFIT OF HERS AND WHY?

L: I like Danielle in a black, tight bodycon dress. Her body is banging.
D: My tight, black bodycon dress – the one I wore to his club night on *TOWIE*. He loves anything tight.
MATCH

WHAT'S DANIELLE'S BEST ATTRIBUTE?

L: Her bum – I think she's got a very Brazilian-like body.
D: My bum, he absolutely loves it. He calls me his Brazilian princess.
MATCH

WHAT IS THE MOST EMBARRASSING THING SHE'S EVER DONE?

L: Falling in a bush on *TOWIE*. When we did the love contract at the zoo, she fell into the elephant enclosure.
D: It's got to have been when I fell in that bush. But more recently he heard me break wind for the first time! We're living together now and I went to the toilet really early in the morning. He heard me and was like, 'You've changed! You farted!' He needs to get over it.
MATCH

WHAT DOES DANIELLE THINK IS YOUR MOST ANNOYING HABIT?

L: Probably that I'm lazy and I annoy her with my messiness. She's quite OCD. Before I've even finished my dinner she's trying to wash up my plate!
D: He's really lazy, he takes ages to do everything and he's messy. I like my house to look like a show home.
MATCH

WHAT DOES DANIELLE DO THAT MAKES YOU CRINGE?

L: When she pouts. She pulls a weird face when she's posing for selfies. It's an unnatural look.
D: Probably my sexy dancing thing. When I tried to strip for him in the show.
NO MATCH

WHAT ARE YOU MOST SCARED OF?

L: Getting old! I'd never need Botox

What will she say is the most childish thing about you?
L: *I do a lot of childish things. She's always telling me off.*
D: *Everything he does is childish! I'm basically his mum...*
MATCH

Photos **Hearst Studio** Styling **Harriet Davey** Hair and make-up **Caroline Piasecki**. **Danielle wears: white top, New Look. Dress, Louche at joythestore.com. Heels, Dune. Lockie wears his own clothes. Georgia wears: Dress, Finders Keepers at overmybody.com. White top: paisle.com. Floral skirt: River Island. Heels: New Look. Tommy wears his own clothes.**

though because I've got good genes. I'm not worried about looking bad because my mum looks 10 years younger than she actually is. I just never want to slow down, it scares me not to have lived my life and think I've wasted opportunities. So I definitely try to get the most out of life.
D: He's scared of getting old. He wants to die before he's 40!
MATCH

WHAT IS THE BEST THING ABOUT HER?
L: Her sense of humour, she's just naturally funny. I like her confidence too. I can take her out with my mates and she can mix with them. I've never had that with my past girlfriends.
D: My confidence and my humour.
MATCH

WHAT DO YOU ORDER AT THE BAR ON A NIGHT OUT IN ESSEX?
L: I normally just have vodka, soda and lime.
D: Right, I bet you he said he has vodka, lime and soda, didn't he? Well my boyfriend is a liar! He always orders a white wine spritzer, then pretends it's for me [Laughs].
MATCH

IF YOU WERE TO PROPOSE, HOW AND WHERE WOULD YOU DO IT?
L: Well, she ain't gonna guess, I'm keeping it top secret. I can't say because it might happen in the next series!
D: He wants it to be a surprise, so I've no idea.
MATCH

FOR THE VIDEO OF THE TOWIE COUPLES TAKING PART IN OUR MR AND MRS PADDLE ROUND, HEAD TO **REVEAL.CO.UK**

HOW MANY KIDS DOES DANIELLE WANT AND WHAT WOULD SHE CALL THEM?
L: She'd be happy with one, but she definitely wants two. She'd want to call the boy Jude and the girl something like Ella.
D: Two. Jude for a boy and I love the names Ella, Lola or Layla.
MATCH

WHERE WAS YOUR FIRST KISS?
L: On a date to Leigh-On-Sea. We were supposed to go for dinner, but we got drunk and ended up on a pub crawl instead. That was the night of our first kiss.
D: In Leigh-On-Sea on our first date.
MATCH

WHAT'S YOUR PET NAME FOR DANIELLE AND WHAT'S HERS FOR YOU?
L: I call her Splash because she looks like Daryl Hannah in that film with her big, curly hair. She calls me Tarzan, because I look like the Disney character. Everyone says that. And loads of people think I look like a male Myleene Klass!
D: He calls me Splash and I call him Tarzan. I think James will look like Tom Jones when he's older.
MATCH

WHAT'S THE MOST ROMANTIC THING YOU'VE EVER DONE FOR DANIELLE?
L: When I picked her up in a pink limo, because her favourite film is *Pretty Woman* and I wanted to recreate that scene at the end with Julia Roberts and Richard Gere.
D: He's not really that romantic, but it must be the limo.
MATCH

WHO IS DANIELLE'S BEST FRIEND ON TOWIE AND WHO'S HER FOE?
L: Chloe Sims is her best mate. She's like an older version of Danielle and a total nutter. I'd say Lydia Bright is her biggest foe. She jumps on other people's problems and gets involved in things that doesn't concern her.
D: Chloe's real and loyal. I haven't really got a foe, he'd probably say Lydia.
MATCH

WHO IS YOUR FAVOURITE TOWIE CAST MATE, PAST OR PRESENT?
L: Probably Arg. He's a lovely guy and what you see's what you get. He wears his heart on his sleeve. I'm proud of him, I think he's done amazing and he's an inspiration.
D: He really loves Chloe, but I would say Dan [Osborne] or Elliott [Wright].
NO MATCH

TOTAL: 14 MATCHES OUT OF 16

Winners!

Kelly Jenkins

Tesco White Potatoes 2.5kg

Tesco Whole Cauliflower

Tesco Whole Savoy Cabbage

Tesco Parsnips 500g

Tesco Carrots 1kg

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I GOT A DESIGNER VAGINA LIKE GEMMA

Raegan Sidley, 26, explains how she enhanced her vagina like TOWIE's Gemma Collins

Gemma's had non-invasive surgery on her vagina

Though a *TOWIE* star having a nip 'n' tuck is hardly breaking news, Gemma Collins caused jaws to drop when she announced on the show that she had undergone a cosmetic procedure to 'pretty up' her nether regions.

The blonde dropped the bombshell to BFF Bobby Cole Norris while having a wax: 'I'm mega confident because I now have a designer vagina. I paid £2,000 and my vagina is perfect now. It looks like something you would see in a movie.'

The secret behind GC's new lady area is a little-known procedure called Protégé Intima. It's a non-invasive, non-surgical technique that reduces the size of the labia – the lips of the vagina – making them plumper and firmer, as well as tightening the entrance to the vagina.

Former model Raegan Sidley, 26, was one of the first women in the UK to try the procedure and understands why Gemma's so happy with the results. 'I'd thought about having something done down there for a while,' says the make-up artist from Stoke-on-Trent. 'I've always been conscious of all aspects of my body and though there wasn't a particular problem with my vagina, I liked the idea of a procedure to neaten it up.'

So when Raegan was approached by the beautician who did her lip fillers to try Protégé Intima in March 2013, she went for it. 'I was nervous because of where it was and there was no one I could speak to who'd already had it done. But it was very discreet. I had a towel over me while the doctor massaged my labia with a big pen-like device with a ball at the end. All you feel is a bit of heat and in about 45 minutes it was over.

'I thought I wouldn't be able to sit comfortably but there was nothing, no tingling, redness or after effects. It's far more pleasant than a bikini wax!'

Raegan had four sessions over a year. 'The results were what I'd hoped for – smoother and fuller-looking, more pleasing to the eye. It boosted my self-esteem and gave me more confidence in relationships.'

It seems us gals are more concerned than ever with our vajayjays. The private Weymouth Street Hospital in London has in the past year seen an 80 per cent increase in the number of women having painful labiaplasty surgery to permanently reduce the size of their vaginal lips.

'There's pressure on women to look a certain way,' says Raegan, who's also had a boob job. 'Between lads' mags and porn online, guys see girls without lopsided boobs or bits hanging out and we feel we have to meet those expectations. I might have considered surgery but now this non-invasive procedure's available, it's much better. I'd definitely have it done again.'

Su Karney

45-min operation costs £350 a pop

Dr Kannan Athreya is a GP at the Essex Private Doctors' practice, where Gemma Collins had her procedure. He says: 'Protégé Intima's very simple. It uses radio frequency to induce heat to the skin around the labia and the vaginal entrance.

'This causes a change in the collagen framework. With age and hormonal changes, it becomes looser and this technique tightens the structure of the collagen and makes the skin more taut. Typically, it takes four sessions, costing around £350 a time and then yearly top-ups to sustain results.

'The op can dramatically reduce the size of the labia and is ideal for women who've had kids or those who won't wear a bathing suit in case it's visible. My patients have been very impressed with the outcome,' he adds. 'It increases their confidence and heightens sexual pleasure. But an initial consultation is crucial, to ensure they're doing it for the right reasons and not because they've got body dysmorphia.'

Photos ITV

fashionista

She's bitching her way round town bringing you what's hot, and what's really NOT. Remember, you read it here first

Left to right: prom dress £75, minidress, £60 bandeau dress, £65

MY FACE'S NEW FAVES

You'll find YSL Touche Éclat **in every A-listers' make-up** bag (one of the iconic gold **concealer pens is sold every** second!). Now there are two new additions to the Touche Éclat family and I couldn't be more excited! YSL Touche Éclat Blur Primer, £29.50, delivers a double whammy of pore-smoothing and radiance when applied all over before foundation. Then there's the YSL Touche Éclat Blur Perfector, £31.50 – a translucent balm to be used instead of powder. It'll eliminate your grease but not your glow. The dream!

Addams Family values

Vanessa Hudgens ditched her usual boho style last week, bringing a touch of Morticia Addams-chic to the streets of New York.

HERE COME THE GIRLS

Getting married? Finding a dress that suits each of your bridesmaids, and your pocket, can be even harder than finding your prince in the first place – until now. With 30 options available, offering multi-styles in complementary fabrics, colours and prints, the asos.com bridesmaid collection means you can mix and match your besties' dresses to your heart's content – so no one has to wear sage taffeta (unless they really want to). And, as prices start at £38, it needn't eat into your prosecco budget too much.

Photos Getty Images

LUXE CLUTCH

Self-confessed magpie that I am, I can't get enough of these faaabulous new clutches, £65 each from iknowthequeen.com. Every one's a bobby dazzler, so the only hard part is choosing which to get.

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MEET THE

From pop star to politician and glamour model to businesswoman, these celebs are overhauling their images in some unlikely ways

Michelle's gone full Essex Girl since leaving Corrie last May

Photos Capital Pictures, Getty Images, Rex Features

MICHELLE HAS AN ESSEX MAKEOVER

Michelle Keegan's new BBC drama series *Ordinary Lies* opened to good reviews this month. But it's not just her on-screen transformation that's caught our attention recently.

While most brides-to-be look to slim down and obtain a bridal 'glow' for their big day, Michelle, 27, appeared to have completely overhauled her girl-next-door image at the BRIT Awards in February and on BBC *Breakfast* last Tuesday.

The Manchester-born actress traded the *Coronation Street* cobbles for her new life in Essex with fiancé and former *TOWIE* star Mark Wright in July, and the two have made it clear they're on a mission to shape up for their summer wedding with a rigorous diet and fitness routine.

Michelle admitted last week: 'I miss *Coronation Street* all the time. It was the right time [to leave] but a really hard decision.' But if her latest style transformation is anything to go by, she'll be feeling at home in Essex very soon.

The gorgeous star has ditched her tracksuit bottoms and scraped-back hair for newly-highlighted extensions and a tan that's less Dubai, more 'Brentwood bronze'.

Giving Mark's ex-fiancée Lauren Goodger a run for her money, Michelle's been posting pouting selfies on Instagram, and has also been announced as the face of Garnier's Ambre Solaire fake tan.

We wonder what Lauren, who has her own range of fake tan, will have to say about that!

Katie's career plan has evolved from flashing her assets to cutting it as a businesswoman

new me

KATIE DITCHES 'JORDAN' FOR GOOD

After nearly two decades in the limelight, Katie Price is arguably the queen of reinvention.

Most recently we've seen the doting mum, the forgiving wife, reality TV's sweetheart and, of course, the unforgettable half-ballerina, half-fluorescent pink pony costume she famously wore to promote her KP equestrian range.

And last week, it was back to business as usual for the mum-of-five as she took to a London stage for a speech on 'Building Your Own Brand' for Advertising Week Europe.

Wearing black jeans, a striped shirt and Louboutin heels, Katie, 36, told us there's one alter ego she's ditching for good – the formidable Jordan.

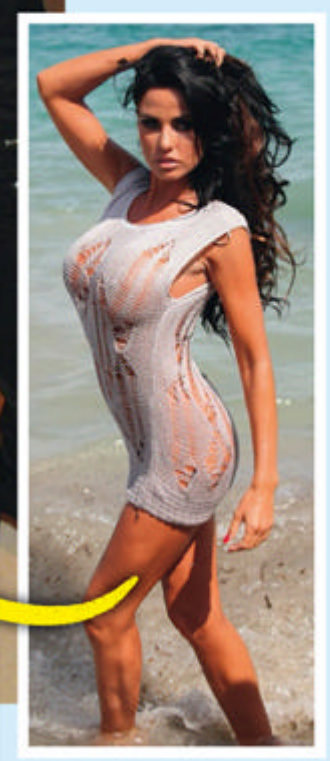
'I haven't been Jordan in business for a while. She's a part of me, the fun side for the glamour shoots and lads' magazines, but I haven't been offered those jobs in a while. Maybe I'm too old,' she said.

'I've still got it, trust me, but now Jordan only comes out at night.'

And Katie is so hell-bent on ditching her former naughty image that she's trying to flog ironing board covers of her naked body. Yes, really.

'I have boxes of these ironing board covers at my house,' she laughed.

'The more you iron, the more naked I become. But I had pubic hair down there then and I just have a tattoo there now.'



She also added that since her January breast reduction from a 32FF to a much smaller 32C, people aren't just noticing her 'boobs and cleavage' any more.

'I've had so many more compliments now that I'm not just about my boobs. People look at my eyes,' she said.

But luckily for us, she's not ditching her crazy costumes for good.

'I know I look like a tw*t but I like getting dressed up to go to work. I don't look in the mirror and say, "Wow, you look gorgeous!"'

CHERYL RANTS ABOUT POLITICS

Cheryl's gone from X Factor darling to an opinionated wannabe politician

Viewers fell for her when she graced our screens as a judge on *The X Factor* in 2008, but Cheryl Fernandez-Versini's revamped image and feisty opinions are tarnishing her image as the 'nation's sweetheart'.

In a recent controversial interview, the Newcastle-born singer, 31, aired her opinions ahead of the General Election on 7 May, and what was meant as an informed chat came across to readers as a rant about her taxes. Oh dear.

'It's hard for me, because all of my friends and family vote Labour. I've always been Labour all my life, but I want to hear what they've got to say for themselves,' said Cheryl, who grew up on a council estate and is now worth an estimated £12m.

'Now I'm a mature woman, I feel a greater responsibility to vote for who runs our country. And I pay a f***ing lot of tax. So I think that I need to have a really well-informed, educated opinion.'

She added: 'There are big downsides that come with having money. As many as with not having money. I mean, they're different types of stresses, but they're both stresses.'

She's also aiming to follow in the steps of humanitarian Angelina Jolie and plans to focus on 'charity work' this year, expanding Cheryl's Trust, her foundation for disadvantaged North Eastern teenagers.

And while she's working on building centres for underprivileged children across the north of England, the *Crazy Stupid Love* singer says she may even stand for Parliament.

'I was saying that to my make-up woman earlier. I think we need more women [in politics]. I'd make my own party. Stranger things have happened.'

Lauren Hills

Geordie Shore's Vicky: 'MARNIE & RICKY'S RELATIONSHIP ISN'T GENUINE'

Vicky Pattison hits back after Marnie Simpson told us she'd leave the Geordie Shore house if she returned

Vicky says she's still good friends with Charlotte

It's still a few days until *Geordie Shore*'s back on our TV screens, but the bitching has already started off camera.

This time, it's between Marnie Simpson and former housemate Vicky Pattison.

When we caught up with Marnie a fortnight ago, she told us in her brutally honest manner: 'If Vicky came back to the house, I wouldn't entertain her. I'd leave.'

The 23-year-old then went on to ridicule Vicky's new MTV show *Judge Geordie*, saying: 'I heard the show's all about Vicky giving relationship advice – the most ridiculous thing I've ever heard. Who'd take advice from her?'

However, Vicky, 27, laughs off Marnie's comments, telling us: 'I'm certainly not going to spend my time slagging her off because I'm just too busy with everything I've got going on – a new fashion range, writing books, my fitness stuff, a new TV show. She must have more time on her hands than me!'

Marnie's in a new relationship with *The Only Way Is Essex*'s Ricky Rayment, 27, which they broadcast very publicly.

So what does love expert Judge Geordie think about the romance? 'Maybe she should focus more on trying to make her relationship with Ricky look more genuine, eh?' she says.

Ding-dong, we make that round one to Vicky! She's not the only one sceptical of Marnie and Ricky's romance, as her pal Charlotte Crosby, 24, has also questioned it, saying: 'Marnie has loads of boys at her feet and she doesn't care about any of them!'

She's sceptical of Ricky and Marnie's relationship

To complicate matters further, Charlotte and Vicky had reportedly fallen out too, after Vicky accused Charlotte of 'emulating' her career by releasing a fitness DVD.

'When we all lived together, Charlotte and Holly Hagan drove me insane,' Vicky tells us. 'We couldn't wait to see the back of each other when we finished filming.

'But now I've had a bit of time away from them I do miss them. I think Charlotte is lovely.'

Wait, rewind a bit. Wasn't there bad blood between the pair after Vicky said living with Charlotte was 'hair-raising, downright disgusting' and called her a 'thieving little tramp'?

'Nah, you know what, there's no hard feelings between me and Charlotte whatsoever,' says Vicky.

'We've known each other for four years and I've watched her grow. Yes, she's got a fitness DVD out and we've both got clothing ranges but I'm not going to fall out with her. There's no rivalry.

'I phoned her when [these comments] came out and I told her it wasn't said in that way, so we're fine.

'There's a lot of rivalry in reality TV, like in *TOWIE* and *Made In Chelsea*. They're made to pitch the characters against each other but in *Geordie Shore* it's not like that. We're more like a family.'

Seems that this family is having a fair few squabbles of late!

Rebecca Greenow

The VIP Collection by Vicky Pattison at honeyz.com is available now

Photos FameFlynet, Splash News, Xposure

All the kids' favourite characters this Easter

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I WANT *what she's got!*

We show you where the celebs have been shopping this week

ROSIE FORTESCUE

This *Made In Chelsea* star knows how to nail chic evening dressing. Rosie oozes elegance in this beautiful lace dress from her own collection at Lipstick Boutique, accessorised perfectly with a very sophisticated on-trend ear cuff and clutch. Where's the party, Rosie?

Lipstick BOUTIQUE £75

LYDIA-ROSE BRIGHT

TOWIE girl Lydia works spring florals in her latest ensemble, scoring serious style points with her printed oriental skirt. She looks ready for cocktails with the girls, finishing off her outfit with pastel-perfect blue courts and classic nude bag. Beautiful!

Darling £55

MICHELLE KEEGAN

Actress Michelle is stunning in this sophisticated neutral ensemble. She flaunts her new Caribbean tan and updates her classic trench coat look with matching on-trend tan accessories. Oh-so chic.

ZARA £19.99

ZARA £49.99

Words **Hannah Whiting** Photos **Anna Sandul, Instagram, Splash, Xposure**

KELLY BROOK

Model and actress Kelly Brook is summer-ready in LA with a sweet printed skater dress from her spring/summer Simply Be collection. She styles her look with bright accessories and statement sunnies, adding a bit of 'wow' factor to this sweet day dress.

SimplyBe £50

INTHESTYLE £39.99

Wolf & Whistle at asos £45

MISSGUIDED £30

KATIE PIPER

Katie sparkles in this bright white and floral look at the Ideal Home Show. The TV presenter looks fabulous in her printed trousers, adding a glam touch with her killer heels. Nice work, Katie.

Reveal *reader offer*

OFFER #1

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Prague is the perfect mix of history and modernity – classical art, architecture and boat trips on the River Vltava sit alongside bars, casinos and bungee jumping! Czechs consider their beer to be a national treasure, so you're guaranteed a top night out. Whatever you enjoy, it's all on offer in Prague – the only problem is packing it all into a three-day break.

SHORT AND LONG HAUL BREAKS from £270pp

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For more information and to book visit topbreaks.com and enter code RVL13PRG for Prague or RVL13NYC for New York in the search box or call

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and quote Reveal13

TERMS & CONDITIONS **Based on two adults, departing in August from Manchester. #Based on two adults, departing in June from Heathrow. Dates, departure airports, duration and number of passengers are flexible, dependent on availability. Check the website for more information. For further information please call 01737 336 565. Offers are subject to availability. Price is per person. Prices 'from' act as an indication only. Prices will vary depending on dates, flight times, departure airports, duration, number of passengers and travel extras. We reserve the right to withdraw offers at any time. The image used is for illustration purposes only and does not reflect your actual holiday experience. Hotel rating is that of the supplier and may not be the official rating. Travel restrictions, conditions and credit/debit card surcharges apply. Bookings are made with and subject to the conditions of weholiday.co.uk, ABTA G3655 ATOL 5360, a company wholly independent of Hearst Magazines UK. Full terms and conditions are available online. Prices correct at the time of going to press, but may go up or down.

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THE MAN WITH A *womb!*

Katie Morris worried her partner Duane Walters had cancer – but a scan revealed an unexpected surprise

When Duane Walters began regularly bleeding when he went to the loo, he and partner Katie Morris had a terrifying thought – that he had cancer.

It was a crushing prospect for the couple who were trying so desperately to have a baby. After two years and three failed rounds of IVF, they feared they were further from their family dream than ever.

But to their huge relief, tests revealed Duane wasn't suffering from cancer or any illness. The scan stunned the couple and medical experts, as it showed he has a fully-functioning womb and the bleeding was menstruation. Now, beyond all belief, the 37-year-old business development manager is set to undergo a hysterectomy.

'To say the news was a bombshell is an understatement,' says Katie, 35, from Lancashire. 'Duane is a normal heterosexual guy. He is all man on the outside and we have a great sex life.

'It was a huge shock when doctors told us that inside his body, Duane doesn't just have a womb but at least one ovary and one fallopian tube. On top of that, it appears he's been having periods.'

Duane adds: 'It was devastating. I've always been a regular bloke. I've only ever fancied women and had no idea I had both a man's and woman's reproductive system. It's been so hard to get my head around it.'

Chef Katie, who has two sons aged 18 and 12 from a previous relationship, bumped into Duane at a party five years ago. 'Though I knew Duane through friends, I hadn't seen him in years. But once we started chatting, we couldn't stop. We had so much in common. From that night on, we've been inseparable.'

Seeing what a natural Duane was with her boys, in 2013 the couple began trying for a baby. 'Duane knew he had a low sperm count and I was conscious of my age, so we opted for IVF. We have good jobs and as I already have children I didn't think we'd be eligible for it on the NHS so we paid nearly £4,000 at a private clinic.'

But the attempt in January 2014 was unsuccessful. 'We were disappointed but our doctor said we met the criteria for further IVF on the NHS,' says Katie. 'We had two more rounds. On the second I got pregnant but had an early miscarriage. We were devastated.'

They were preparing for a fourth try when Duane found blood in his urine last November – the third time that year.

He says: 'I first had bleeding when I was 18 but doctors reassured me it was nothing to worry about. Over the years I'd had irregular bleeding but no one could give any answers. That didn't stop me worrying that something was really wrong.'

Concerned it was cancer, Duane was referred to Leigh Infirmary Hospital for more tests, a biopsy and MRI scan.

'Afterwards, Duane was asked to go to the hospital urgently,' says Katie. 'We thought the worst. When the consultant told us we should sit down for the results, Duane asked: "Am I going to die?"

'It was then the doctor said: "No, but I am going to tell you something it's going to be hard to get your head around."

'He explained the scan had located a female reproductive system in Duane's abdomen. The doctor struggled to explain it. He said in his whole career he'd never seen anything like it.

'He added that further tests would be needed to discover how the bleeding was appearing in his urine but he believed Duane was having periods.'

The couple were reeling – relieved it wasn't cancer but stunned by the impossible-sounding diagnosis. It did, however, explain some of the strange symptoms Duane had lived with all his life. He recalls: 'As a little boy I had an undescended testicle. Although that was operated on and I developed normally as a man with body hair and a deep voice – often during and after sex I'd get a dull ache. Then there was the bleeding. I always felt it wasn't right but despite undergoing so many tests I never got any answers.'

Things began to make sense for Katie too: 'Before the bleeding episodes, Duane often complained of backache and sometimes he didn't feel like himself. Looking back, he was probably suffering from period pains and PMT.'

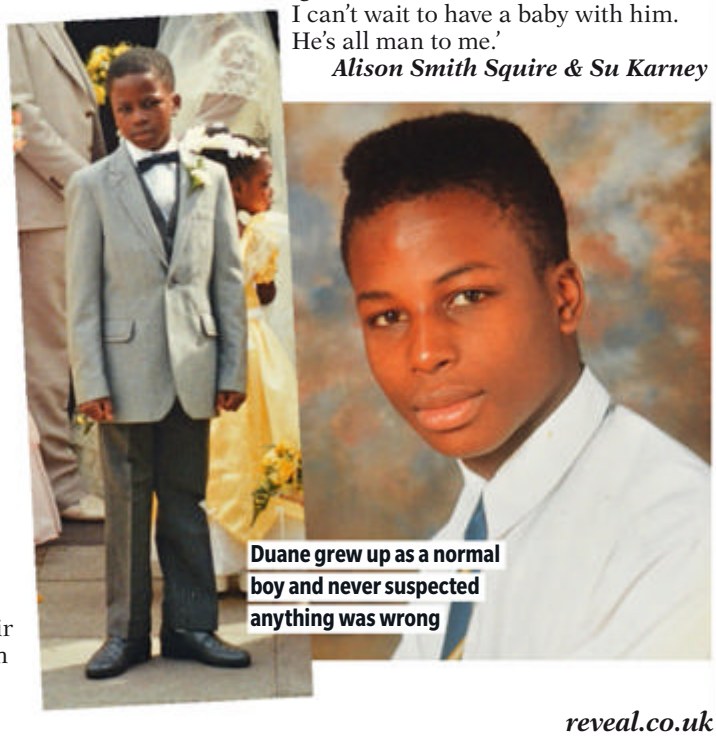
Duane's since undergone more tests which show his genetic make-up is male. Doctors believe he could have persistent Müllerian duct syndrome. This is a very rare condition where the Müllerian duct – which is present in every foetus – does not shrink when male hormones are produced as it should and the duct then develops into female sexual organs.

Duane is now hoping doctors will say it is safe for him to undergo a full hysterectomy: 'I've always felt completely happy as a guy. I don't feel I have any feminine side and wouldn't consider carrying a baby myself. That would be too weird. I just want this womb removed.'

Meanwhile, the couple, who still hope IVF will help Duane become a dad, say they've been overwhelmed with support from family and friends.

'It's not something anything in your life prepares you for,' says Katie. 'But it hasn't changed how I feel about Duane one bit. I can't wait to have a baby with him. He's all man to me.'

Alison Smith Squire & Su Karney



Duane grew up as a normal boy and never suspected anything was wrong

Photos: Solo Syndication

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Amber's picks
The best new bases

Looking for a spring-ready foundation? My testers trialled 15 new launches and here are the six that really wowed

MATTE FINISH THAT STAYS PUT FOR HOURS

L'Oréal Paris Infallible 24H-Matte Foundation, £7.99

Totally budge-proof! This will take you from breakfast to boogie-time – no touch-ups required. 'I didn't need powder on top. It's very matte but feels velvety,' raves my tester.

FULL COVERAGE THAT DOESN'T LOOK FAKE

Clinique Beyond Perfecting Foundation + Concealer, £25

This high-tech buy erases all without a hint of heaviness. 'It's matte but with a slight radiance that stops it looking, and feeling, mask-like,' explains my tester. It comes in a whopping 21 shades.

PHOTO-FRIENDLY FINISH AND CUSTOMISABLE COVERAGE

NYX HD Studio Photogenic Foundation, £14.50, nyxcosmetics.co.uk

This boasts special light-reflective properties that makes skin look airbrushed in snaps. The coverage is buildable – wear it sheer or full. 'It's semi-matte – glowy but not greasy,' my reviewer adds.

BARELY THERE FLUID THAT COVERS UP WELL

Maybelline Dream Flawless Nude Foundation, £8.99

A hero if you like the lightness of tinted moisturisers but crave extra coverage. The watery texture feels unbelievably silky. Just a few drops blend seamlessly, although you'll need concealer to banish big blemishes.

HIGH COVERAGE WITH A LOT OF GLOW

NARS All Day Luminous Weightless Foundation, £32

A saviour for 'bad skin' days, this disguises all, while giving a radiance kick. My oily-skinned reviewer found it too dewy alone but with powder on top, it looked flawless. There's a fab 20-strong shade range too.

MOISTURISING FORMULA THAT LOOKS FLAWLESS

Laura Mercier Silk Crème Photo Edition Moisturising Foundation, £35, out 9 April

Dry complexions will love this luxe hydrator that feels unbelievably silky. My tester found it looked luminous but not shiny. 'The best foundation I've ever tried,' she said. If you're grease-prone, choose the oil-free version.

Photos **Studio 33**

ED SHEERAN: SOAP STAR

Ed Sheeran has made his acting debut in a cameo role for Aussie soap *Home And Away* due to air later this year. While his storyline is being kept under wraps, the 24-year-old has already been spotted filming with soap veteran Emily Symons, who plays Marilyn Chambers on the soap. The *Thinking Out Loud* singer, who is on the Australian leg of his world tour, last week confirmed his split from girlfriend Athina Andrelos after a 14-month relationship.

DINKY DOGS

Looks like there's a new trend – and this time it's a whole different fashion accessory!

While we weren't surprised to see Kylie Jenner, 17, (right) and Rita Ora showing off their tiny furry friends, we didn't expect gorgeous Bradley Cooper to join in.

But just last week, Bradley, 40, was papped holding his *Joy* co-star Jennifer Lawrence's pup as they left a hotel together after a screening of their film in New York.

Is there anything cuter than a hot guy who loves pets?!

NO, DAVID!

Usually one of the hottest men in the world, we were surprised to see David Beckham looking a little more unkempt than usual as he arrived at Miami airport.

The 39-year-old former footballer and dad of four will always be a firm favourite with us, but we reckon it's time to ditch the scruffy beard and beanie, Becks!

Photos: Alpha Images, INF Photo, Instagram, Rex Features, Splash News, Xposure

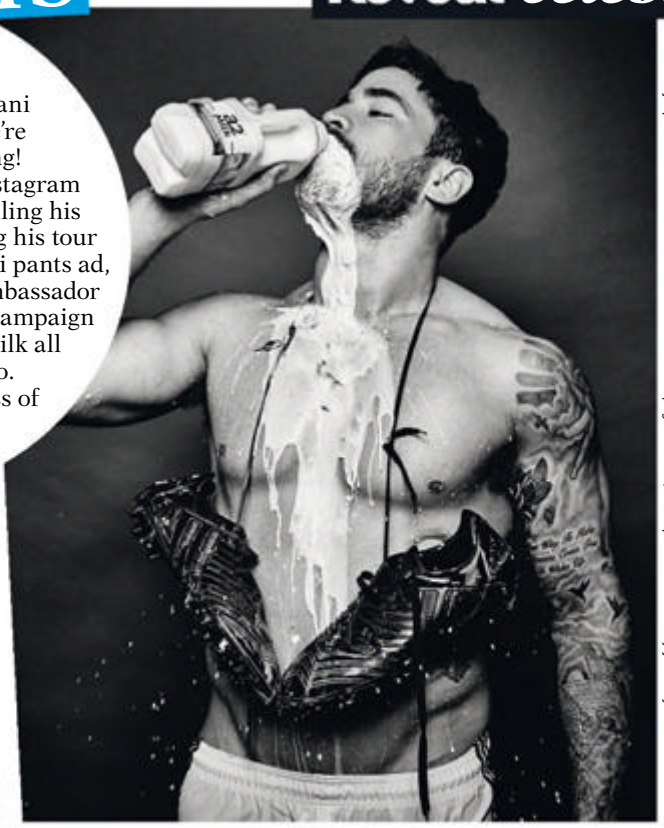
BUFF BOYS

Both DJ Calvin Harris and England rugby player Danny Cipriani have stripped off, and we're certainly not complaining!

While Calvin, 31, took to Instagram to flaunt his incredible abs, telling his followers he was busy balancing his tour with training for his next Armani pants ad, Danny, 27, stripped off as an ambassador for the Welcome Back to Milk campaign – which sees him pouring milk all over his impressive torso.

Anyone else fancy a glass of the white stuff now?

Instagram/calvinharris



Danny Cipriani is ambassador for the Welcome Back to Milk campaign for a2 Milk, that helped him return to the joys of dairy. Visit a2milk.co.uk

DANCING ON ICE BABY!

Samia Ghadie and Sylvain Longchambon are expecting a baby. The Coronation Street *star tweeted: 'Me and @slongchambon have some very happy news to share… we are having a baby!! Freya can't wait to be a big sister!'*

They got together in 2013 when Samia, 32 – who has daughter Freya with her ex-husband – and pro ice dancer Sylvain, 34, were paired together on ITV's Dancing On Ice. *Sylvain was dating* Hollyoaks *actress Jennifer Metcalfe, 31, who he'd met on the show two years earlier. Jen was heartbroken when Sylvain told her on Christmas Day 2012 that he had feelings for Samia.*

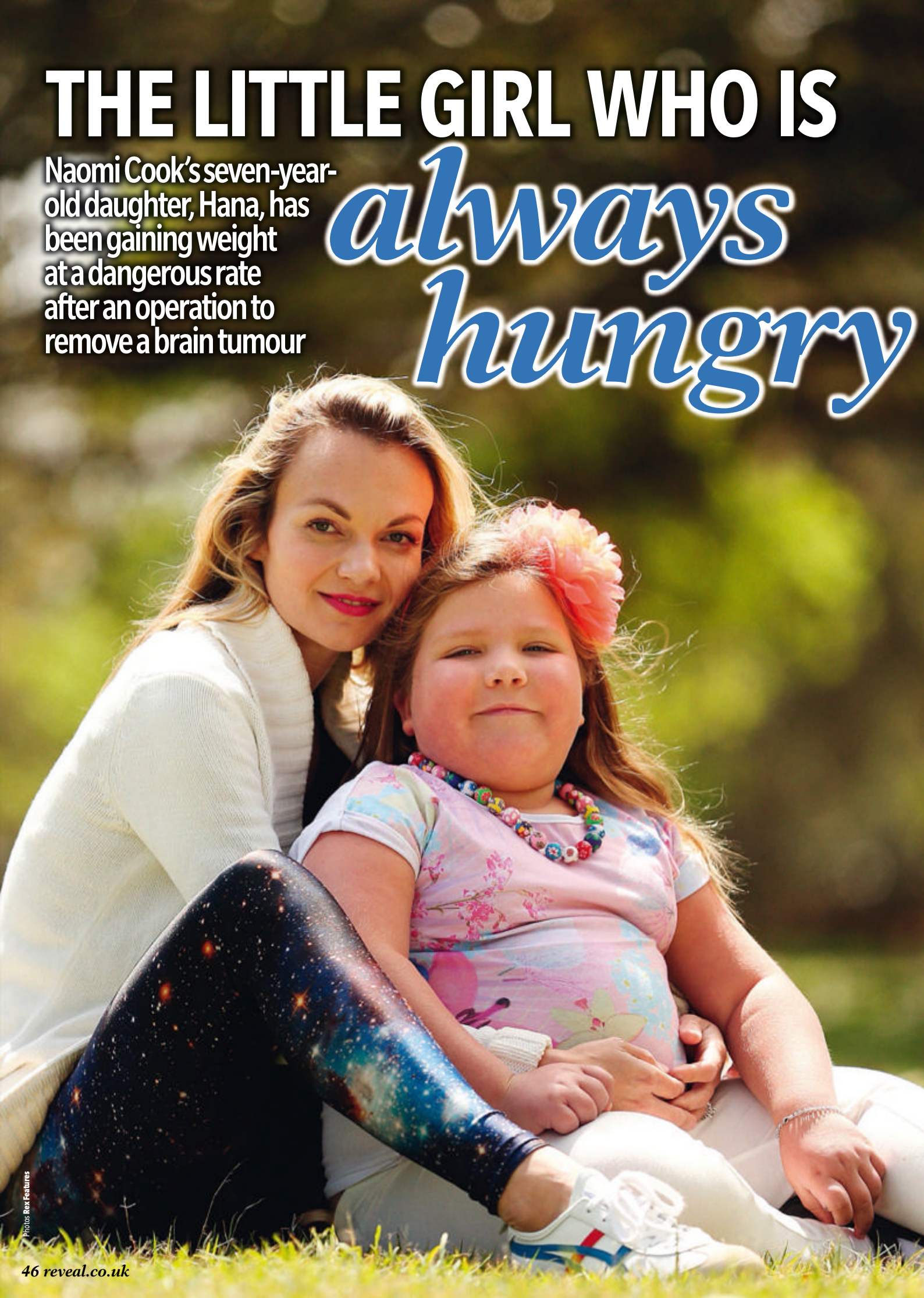
ADELE'S A MUM

Ex-*Emmerdale* star Adele Silva gave birth to a baby girl last Wednesday. The actress, 34 – Kelly Windsor in the soap – has had three miscarriages but mum and daughter were said to be 'doing well'.

Katherine Parkes, Rebecca Greenow

THE LITTLE GIRL WHO IS *always hungry*

Naomi Cook's seven-year-old daughter, Hana, has been gaining weight at a dangerous rate after an operation to remove a brain tumour



Photos Rex Features

Hana now relies on a wheelchair to get around

Hana on her fourth birthday, before her brain tumour

Naomi and Nour loved taking their girls to their triathlete competitions

'When your child tells you they're hungry, it's your natural instinct to give them food. But for me, handing my daughter Hana a biscuit, a bag of crisps or even an apple when she asks for it is the worst thing I can do.

Because, after having an operation to remove a brain tumour, my seven-year-old has been left feeling constantly hungry. Since then, she's put on five stone, making her morbidly obese – and she's gaining more every week.

My husband Nour and I moved to Sydney, Australia, in 2005 from England. After I qualified as a nurse and Nour as an orthodontist, we started a family. We had two gorgeous girls, Hana and younger sister Maryam, now four.

I love being a mum. Nour and I are triathletes, and we would spend weekends taking the girls to competitions. They cheered us on as we swam, cycled and ran.

As they grew, we realised Hana wasn't the same slim build as Nour and me but we just thought she had a different physique. But in December 2013, she started feeling tired and increasingly thirsty. We also realised she wasn't growing as quickly as other children her age.

Suspecting an underactive thyroid, we made an appointment with a specialist. In the two weeks we waited to see them, Hana suffered excruciating headaches, so painful she could barely stand.

I knew from research it was going to be far more serious than a thyroid problem and a CT scan confirmed she had a benign brain tumour, growing substantially.

Back then, I was relieved. With surgery, this was treatable. I wasn't going to lose my little girl.

Doctors warned us about the risks of brain surgery but without it, the tumour could leave Hana brain-damaged, or even kill her, so there wasn't a choice. Holding her hand as she was given the anaesthetic, I prayed it would be successful.

Three hours later, doctors told us it was. However, it wasn't long before we realised that, although she'd survived the surgery and the tumour had been removed, something was wrong.

The smiling girl who'd loved playing with her sister had changed. At first, Hana suffered from hallucinations and memory loss. She barely seemed to know who we were and shied away from cuddles.

When she started asking for more food minutes after eating a meal, we put it down to her forgetfulness and desperately hoped her brain was just taking time to recover after the trauma of the operation.

But when she was allowed home from the hospital two weeks later, it was as if there was a stranger in the house. Our daughter had once been full of fun, always laughing and giggling. But now she avoided us, preferring to obsessively count and organise her pens.

Soon, we realised her appetite was here to stay. I tried giving her small and regular meals but nothing seemed to satisfy her.

The consultant explained that the hypothalamus – the part of Hana's brain that controlled her appetite and hunger – had been damaged during the removal of the tumour. She would no longer be able to feel full. It had also affected her metabolism, which meant her body couldn't break down the food as quickly and she'd gain weight easily.

'On bad days, she'll ask for more food every five minutes'

She'd already gained 11 pounds in hospital and was still growing at home.

It was devastating. Yes, I still had my little girl but she was like a completely different child. I turned to the internet for help, scouring medical websites and herbal alternatives. Suddenly, in May 2014, I came across oxytocin, a hormone that her brain was no longer producing. It had been used to help children with similar symptoms – so why not Hana?

After talking to her doctor, we decided to give her hormone replacement therapy. And as the drugs took effect, my little girl returned. She became affectionate again, smiling as she snuggled up to us and showing Maryam more attention.

However, it had no impact upon her constant hunger. Since coming home from hospital, she's gained about five pounds every month and now, at 8st 7lb, she is far too big for her 4ft 1in frame. Her BMI (body mass index) is 34 instead of 19.

Hana suffers from sleep apnoea, which could stop her from breathing while she sleeps. And she's become so heavy that she needs a wheelchair to get around. It's heartbreakingly tragic that the side effects of the operation that saved her life are now endangering it a second time.

The worst thing for Hana is being tormented by thoughts of food. Now, after she's eaten, she'll say: "I'm full." After half an hour, she'll tell me: "I'm still full but I'm thinking about food now." I can't bear to think about how much pain she's in.

We try and manage her condition by giving her three meals a day with two healthy snacks, so it's never too long in between for her. But on bad days, she'll ask for more every five minutes.

Luckily, because she is so young and innocent, she doesn't understand she looks different to Maryam and her other friends. She also showed her classmates at school a film in which we explained her condition, so none of them will tease her.

We're now considering a reversible gastric lap band. This won't cure Hana but it would hopefully stop her gaining weight until she grows into her size. It helped another girl in Hana's situation, so although there are no guarantees, we're willing to give it a go. Because we'd do anything to save our little girl.'

Megan Reynolds & Sarah Whiteley

Is Kate having
A BOY OR A GIRL?

Although the royal couple are keeping schtum about what they're having, there are many wacky and unusual ways to predict if they'll need pink pyjamas or blue baby suits

As Kate Middleton's April due date approaches and all eyes are on her bump, we can't wait to see if she gives birth to another prince or a pretty princess.

If the old wives' tale is to be believed, her neat, low bump seems to indicate the 33-year-old will have a second little boy – a perfect playmate for Prince George, who was born in July 2013.

But this isn't the only pregnancy superstition out there regarding which gender mums-to-be are carrying. Here are some of the weird and wonderful ways people try to predict the gender of their unborn babies…

Photos Getty Images, INF Photo, Rex Features

SWEET OR SAVOURY

Tradition says that, if you crave chocolate or ice cream or indeed anything sweet during your pregnancy, you're expecting a daughter. If you fancy salty food like crisps or meat, a son is on his way.

RING OF TRUTH

A popular way of predicting what you're having is tying your wedding ring to a piece of thread and holding it over your bump. If it moves in circles, the chances are you're carrying a boy, but if it swings from side to side, you're having a girl.

UGLY TRUTH

If you suddenly break out with spots through your pregnancy or miss the 'pregnancy bloom' altogether, you're probably having a girl. While mums-to-be who are having boys are supposed to have glossier hair and rosy cheeks, the saying goes that girls steal their mother's beauty. Charming, eh?

SNIFFING OUT THE SEX

Eat a clove of garlic. If you're expecting a boy, the smell will seep out of your pores. But if you're having a girl, it won't. Just don't experiment before a night out because either way, we don't think your breath will be the freshest.

SICKLY SIGNS

Traditionally, if you're having a girl, you will suffer badly from morning sickness in your first trimester. If you're having a boy, you shouldn't feel too queasy. Us girls are trouble from the start, apparently...

Craving chocolate? It's a girl!

BREAST REVEALS

Some pregnant women believe if your right breast grows bigger than the left, you're probably going to have a boy, while if your left breast swells, the chances are you're expecting a girl. Who knows what it means if they both get bigger? Twins?

WISE WORDS

If your older child's first word was 'dada', the old wives say that you're going to have a little boy. If they said 'mama' before anything else, you'll most likely give birth to a girl.

BEATS OF THE BUMP

When you're being scanned, ask your midwife if they can take your unborn baby's heart rate. If it's over 140 beats per minute, you'll need to buy pink, whereas a more relaxed pulse of less than 140 beats means you need to kit out your nursery in blue.

If your baby has a heart rate less than 140 beats a minute, it's a boy!

HIGHER OR LOWER?

If your baby bump is sitting low and all 'out front', then legend has it you're having a bouncing boy. But if it's high up and 'all round', a gorgeous girl is on the way. Check out these photos of celebrity mums-to-be – according to this old wives' tale, did they have a boy or a girl?

High

Actress Jacqueline Jossa gave birth to baby Ella in February

High

Former glamour model Katie Price had baby girl Bunny in August

Low

The Saturdays' Frankie Bridge welcomed her son Parker in October 2013

Low

Singer Kelly Rowland gave birth to her little boy Titan in November

Sarah Whiteley

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HERE COMES *summer!*

Time to get your tootsies out with this fabulous selection. Ladies... ready, steady, pedi!

Lace-up

Gladiatoresque styles were all over the catwalk at Chloé and Valentino. Unleash your inner warrior with these more pocket-friendly versions.

£89.99, Zara

£45, Schuh

£45, Dorothy Perkins

Clogs

£45, Marks & Spencer

£46, Topshop

£80, amazon.co.uk

The wooden-soled 70s classics are having a comeback moment and they look great with denim or white.

ROSIE HUNTINGTON-WHITELEY

£32, Wallis

£35, Marks & Spencer

£45, Clarks

Block heels

The block heel trend still reigns, albeit slightly shorter and with pastel candy colours for summer. This sandal has just become even easier to rock (and walk in).

£24.99, New Look

Animal print

Go wild with prints, clash zebra, leopard and snakeskin and work the safari trend with these African-inspired flats.

£42, Office

£13, Dorothy Perkins

Barely-there

This style is here to stay. A staple for stars such as Kim Kardashian West and Rosie Huntington-Whiteley, barely-there heels are perfect for evening sophistication.

£45, River Island

£22, linzi.com

£16, F&F at Tesco

£40, Office

Sporty

£8, Primark

Sportswear was all over the Topshop Unique and Alexander Wang catwalks, so invest in some retro-style athletic sliders to nail super-cool poolside chic.

£20, missguided.co.uk

Global traveller

Bohemian colours and embellishments are key to this footwear trend. Remember: the brighter and more elaborate, the better.

£14.99, Shoe Zone

£15.99, New Look

£25, very.co.uk

£49.99, Zara

£79, Steve Madden

Tassels

£27.99, New Look

Whoever said fringing was just for your clothing was wrong. Incorporating on-trend tassels into your summer footwear is the easiest way to nail this 70s trend.

BURBERRY

Fashion Wendy Rigg. Hannah Whitting Photos Getty Images

Platforms

The party heel hero, platforms are back for spring/summer. Go for bright colours, florals and metallics then get ready to dance those summer nights away.

£29.99, Bershka

£69.99, Zara

£35, simmishoes.com

TAYLOR SWIFT

£70, Hush Puppies

£38, asos.com

£48, Topshop

Wedges

These are the easiest heels to work. Whether you go for a mid or super-high wedge, strutting your stuff has never been so simple!

OLIVIA PALERMO

What to wear with flares

If you want to elongate your legs to the max, your flares should skim the ground like Olivia Palermo's (right). Add height with towering platforms or wedges. Careful you don't take a Madonna-style tumble, though!

£38, Wallis

£85, Dune

£45, Miss Selfridge

Fresh Perspectives

Fancy yourself as a green queen? Are you a beauty product devotee or fitness fanatic? Whatever your personality, the new Soft & Gentle Skin Science range has a deodorant to suit your lifestyle...

Rachel's PURE INSPIRATIONS

Rachel Berner

Events Planning Assistant

Rachel, 24, from Surrey, is a festival-loving foodie who knows her kale from her quinoa. She's addicted to travelling too. Sri Lanka's next on her list!

The juice recipe I'm loving

I'm obsessed with juicing – Instagram is the best place to pick up new combo ideas. My favourite's a bombshell blitz of two red apples, two kiwis, two pears and some ginger. Easy and delicious!

Wind-down wonder

To feel calm fast? Breathe in for five seconds, hold it for another five, release for five and hold it for five. Repeat several times – it totally works.

Dream eco-getaway

Costa Rica's Finca Rosa Blanca Inn (fincarosablanca.com) is built in the rainforest and boasts green credentials as incredible as its views. Swoon.

Soft & Gentle Really Pure is my go-to deodorant, it keeps me confidently fresh while letting my skin breathe thanks to natural minerals. The smaller compressed can creates less waste, and it's even gentle enough for super-fussy skin types.

WHAT'S YOUR PERFECT MATCH FROM THE SKIN SCIENCE RANGE?

Check out the hub at **myfreshperspective.co.uk** and take a quiz to find out. There are also loads more great fresh perspectives to explore.

Amber's GLAM TOUCHES

Amber Ashcroft

Reveal Beauty Writer

Amber is *Reveal*'s celeb-obsessed beauty reporter. She spends her time tracking down trends, testing new products and has stars' make-up artists, hairdressers and manicurists on speed dial.

Five seconds to fabulous

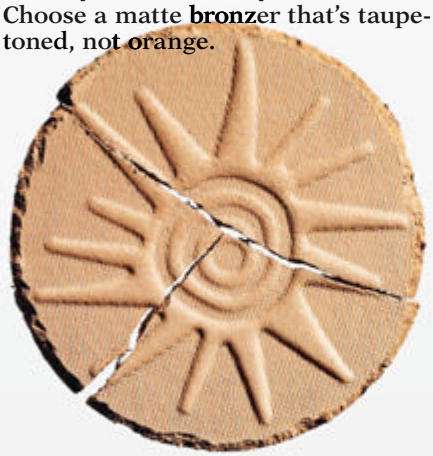
Make your skin look like it's naturally radiant by mixing highlighter with your day cream.

Cheat longer lashes

Try make-up artists' 'tightlining' technique to give the illusion of a thicker flutter. Simply lift your lid up and trace a black eye pencil in your upper waterline.

Selfie-ready secret

A-listers love contouring the hollows of their cheeks for a face-slimming effect. The key to a 'fool everyone' finish? Choose a matte **bronzer** that's taupe-toned, not orange.



Lucy's HEALTHY LIVING

Lucy Clark

Fashion PR

Gym bunny Lucy, 26, is a busy working girl living in London. When she's not hotfooting it to a spinning class, she's doing HIIT training in Finsbury Park (that's speedy sessions of cardio, FYI).

On my lust list

I'm coveting these Nike trainers, £74.99, from Office – just the thing to brighten up my morning jog.

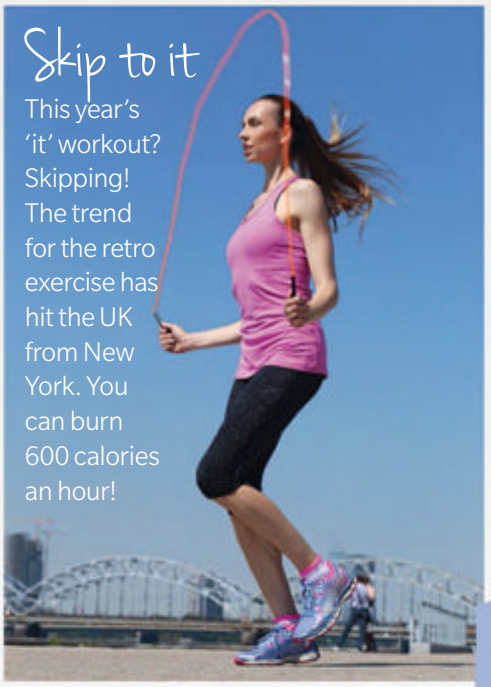
'Appy' running! The free Map My Run app is a must-download. Addicted.

Hot celeb trend alert!

Celebs keep raving about 'negative space' nail art. Just place a thin stripe of sticky tape down the centre of your nail, paint over and peel off.

Skip to it

This year's 'it' workout? Skipping! The trend for the retro exercise has hit the UK from New York. You can burn 600 calories an hour!



Fave energy-booster

Cover blueberries in fat-free yogurt, pop on grease-proof paper and freeze. The perfect post-gym snack!

Soft & Gentle Visibly Smooth is an anti-perspirant deodorant that reduces underarm hair. Genius! And this doesn't just help skin stay smoother for longer – it contains moisturising ingredients for long-lasting softness too.

WIN! your ultimate 'fresh perspective'. Three £500 prizes up for grabs! Simply visit the hub at myfreshperspective.co.uk to enter and for more info.

Soft & Gentle Ultra Protect is ideal if you're always on-the-go, like me. With a fresh fragrance, the clever body-responsive formula delivers reliable 72-hour protection while preventing irritation. Hard-working, kind on skin and it's small enough for my gym bag!

FOR MORE FRESH PERSPECTIVES FROM OUR GIRLS, KEEP A LOOK OUT IN THE NEXT COUPLE OF WEEKS

Soft& Gentle SKINscience

THE 'CARA'

Nicky says: 'I love Cara Delevingne's look because it's effortless, timeless and glamorous – that's quite a difficult balance to pull off. Most hairstyles are one or the other, but rarely all three! This is the perfect cut for young women who need to slip seamlessly between daytime cool and a night out with friends.'

WHAT SHOULD I ASK MY HAIRDRESSER FOR?

'You want your stylist to keep as much length as possible. There should be shape around the face along with some longer layering around the rest of the cut.'

WILL IT SUIT ME?

'Good news – since this doesn't draw attention to any particular facial feature, it flatters everyone. It works for most hair types too, although prepare for a lot of maintenance if your hair is curly.'

WHAT COLOUR WILL COMPLEMENT THE LOOK?

'Ask your colourist for soft, fine highlights. If you have greys, go for a semi-permanent colour in between to keep it looking fresh.'

Your 'it' kit

Nicky Clarke SmoothSilk Frizz Argan Oil, £5.99

'You want to keep things pretty sleek. Pop a few drops of this on the ends of your hair when wet to boost the condition and make it swish-able.'

Wella SP Resolute Lift, £17.50

'Follow with this spray before blow-drying your tresses smooth. It delivers everything you need for this look – preventing static, adding a little bounce and protecting from heat.'

Nicky Clarke's guide to THE HOTTEST celeb 'dos

No one knows more about superstar styles than legendary hairdresser Nicky Clarke. We catch up with the celebs' fave to uncover the cuts to covet this spring

THE 'SIENNA'

Nicky says: 'This wavy bob is going to become a really iconic look. I've worked with Sienna Miller and she's a very stylish woman who isn't afraid to try out new styles. The shorter length is a great move, it really suits her. It's grown-up boho!'

Your 'it' kit

Denman Medium Hot Curling Brush, £11.22
'Use a round brush while you blow-dry to create lift at the roots and enhance your bob's shape.'

Nicky Clarke TextureBuild Big Volume Lift, Thicken & Shine Spray, £5.99
'Spritz this on damp locks to make hair texturized but not bed-head.'

Remington Silk Waving Wand, £34.99
'To avoid looking too done, create flicks in the ends, winding sections around a wand in varying directions.'

WHAT SHOULD I ASK MY HAIRDRESSER FOR?

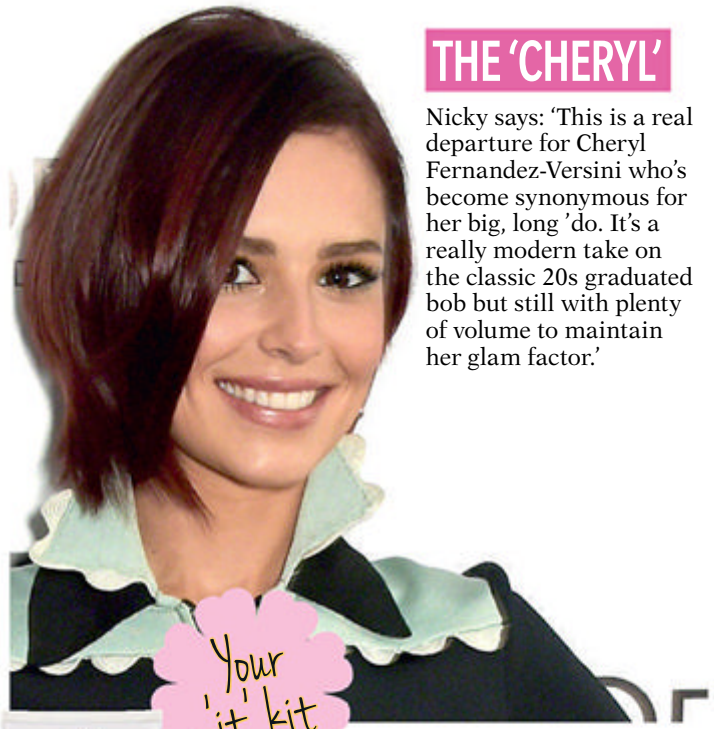
'This style is all about texture. It's what makes it different from a traditional bob – and a whole lot cooler! Ask your stylist to texture the layers and keep them long, without blunt ends.'

WILL IT SUIT ME?

'I'd steer clear if you have curly or frizzy locks. But this is gorgeous on English roses like Sienna – women who have fine hair with enough natural movement to work that fantastic tousled effect. The length will draw attention to strong jawlines – so avoid if yours is heavy-set – but oval face shapes will love it.'

WHAT COLOUR WILL COMPLEMENT THE LOOK?

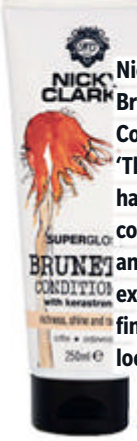
'It depends on your skin tone but a natural base colour broken up with some blonder tones is a great choice. It'll define those layers and waves – very boho-chic!'



THE 'CHERYL'

Nicky says: 'This is a real departure for Cheryl Fernandez-Versini who's become synonymous for her big, long 'do. It's a really modern take on the classic 20s graduated bob but still with plenty of volume to maintain her glam factor.'

Your 'it' kit



Nicky Clarke Supergloss Brunette Shampoo & Conditioner, £5.99 each
'These brown hair boosting buys, containing cedarwood and coffee, create an expensive-looking finish and make dark locks look richer.'

Label.M Volume Mousse, £12.95, labelm.com
'Mousse is fab for cheating volume – essential for this glam look. Work into your hair when damp, scrunching at the roots to create lift. Blow-dry with a round brush, again concentrating on the roots.'

WHAT SHOULD I ASK MY HAIRDRESSER FOR?

'Keep the shape strong and the ends very blunt – the classic ways to work this cut. Keep any layering soft and textured through the sides – you don't need much throughout the back because of the graduation.'

WILL IT SUIT ME?

'This might look low-maintenance but actually requires a lot of upkeep so steer clear if you're short of time, in the mornings! The graduated effect best suits oval face shapes. Avoid if you have thick, coarse or wiry hair as you'll need to blow-dry it smooth every day.'

WHAT COLOUR WILL COMPLEMENT THE LOOK?

'A gorgeous, rich and glossy semi-permanent colour will really show off the cut at its best. If you have any greys, a red or deep chestnut will work well and make it look like it's in fantastic condition.'

Words **Amber Ascroft** Photos **Cara Delevingne wears shirt, £38, topshop.com, Getty Images**

TOPSHOP

ASOS.COM

Shop 'til you drop

The hottest buys on the high street this week

MISS SELFRIDGE

- Dress, £35, River Island
- Shoes, £98, Topshop
- Choker, £10, Topshop
- Bag, £65, Dune

Check out our phone and tablet edition for another way to style this look

F&F AT TESCO

£14

£28

£10

Reveal steal

£12

NEW LOOK

£34.99

£27.99

£14.99

£12.99

RIVER ISLAND

DEBENHAMS

ZARA

Styling **Wendy Rigg** assisted by Alice McTigue Photography **John Rowley** Still lifes **Hannah Whiting** Hair **Jo McKenna** using **Paul Mitchell** Make-up **Lindsey Poole**

- Top, £22, Topshop
- Waistcoat, £60, lavishalice.com
- Trousers, £20, Dorothy Perkins
- Shoes, £39.99, Mango
- Bag, £12, asos.com

Check out our phone and tablet edition for another way to style this look

WALLIS

£35

The perfect light cover-up

£65

£28

£39.50

Look after the whole family

You're better off at ASDA

3 for £10

£6.29 each
30 tablets

£5.98 each
30 tablets

£5.98 each
30 tablets

£5.96 each
30 tablets

£5.96 each
30 tablets

£4.40 each
15 tablets

Over 100 products in our 3 for £10 range

In-store | Online | Mobile

Selected stores. Available while stocks last. Offer available from 9am on Tuesday 31st March 2015. Online minimum spend will apply and delivery charges may apply. Mobile network charges may apply.

Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

ROUND THE BEND

Is it possible to make a woman orgasm with a bent penis?
Sean, Milton Keynes

Yes, and you may succeed with imagination, tongue and touch alone. Many penises have a slight bend and this shouldn't affect your or your partner's performance or enjoyment. However, it becomes a problem if your erection or penetrative sex is painful or difficult in a position you want to try. If that's the case you may need treatment or even surgery to correct the bend. It can help to take a photo of the bend when your penis is erect, but don't show it to anyone other than your GP!

THE *sex* QUESTION

Trust me – I'M A DOCTOR

Is a vegan diet good for you?
Chloe, Newent, Gloucs

Vegans do not eat any animal products at all, but can still get the nutrients they need. They can get protein from grains and pulses, cereals with soya milk, baked potato with beans and dahl with rice or chapati. Grains, oils, sprouted seeds, fruits, vegetables and juices can give vegans all the vitamins, omega-3 fatty acids and minerals they need if they get the balance right. The Association of UK Dieticians is a good source of information, particularly for children's diets. Go to bda.uk.com for more info on how to have a healthy diet, whether you're vegan or not.

TOE TROUBLE TREATMENT

I'm booked in for a bunion operation. Is this the best option for me?
Kim, W Yorkshire

Bunions occur when your big toe bends towards your second toe. You get thickening of the skin and tissues and the joint which can get inflamed, swollen and painful. Good footwear's often all you need so get advice from a podiatrist and try it out before you opt for surgery. There are lots of ops ranging from trimming the joint, cutting the bone or a joint replacement of the big toe. Find out how long an op takes and what you'll see, feel and hear before deciding if you want to be out for the count.

Illustration **Tim Bradford** Because conditions and treatments vary from person to person you should consult your GP about any specific concerns and before following medical advice on this page

DR PHIL SAYS: 'Patients can learn a lot from other patients – check out support groups and charities'

ABATE MY APPETITE!

Is it true that gastric band surgery doesn't stop you feeling hungry?
Carly, Avon

The action of solid food passing through the banded area of the stomach stimulates nerves, which sends a message to your brain to tell you your hunger's decreasing. However, it doesn't work with liquid foods. After surgery, limit portions of healthy, solid food, eat slowly, chew and stop eating as soon as you stop feeling hungry. Don't drink while eating and make sure drinks between meals contain zero calories.

DRINK TO MY HEALTH

Is green tea a super food?
Tia, Loughborough

No. It contains vitamin B, folate, manganese, potassium, magnesium, caffeine and other antioxidants. All these are good for you in moderation, but claims that it can help weight loss, reduce cholesterol, combat heart disease and prevent cancer and Alzheimer's disease don't yet stack up. Some people drink it to detoxify their systems, but there is no evidence that it removes poisons from the bloodstream. However, it's safe and pleasurable to drink, so enjoy it but don't expect it to make you live forever.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT *dr.phil@revealmagazine.co.uk*
FOR DR PHIL'S TOUR DATES AND NEW BOOK, STAYING ALIVE, GO TO *drphilhammond.com* **Dr Phil regrets that he cannot reply to emails personally**
FOLLOW DR PHIL ON TWITTER *@drphilhammond*

Choc fest

You'll be stuck for choice this Easter when it comes to shopping for treats. From super-sized eggs to specially shaped chocolates, here's our pick of the best

Giant 1kg milk chocolate egg, £12, Tesco

Chocolate bunny lollies, 40g, £1 each, Sainsbury's

Reveal ♥s

Hello Kitty white chocolate egg, £6, Marks & Spencer

Hot cross egg Tower, created by Leiths School of Food & Wine, £10, Asda

Harry Hopalot chocolate bunnies, 60g, £3.50, 1.1kg, £50, Thorntons

Belgian milk and dark chocolate eggs, Taste the Difference, 100g, £3 each, Sainsbury's

Dark chocolate Lindt Gold Bunny, 200g, £4.50

Hollow milk and white chocolate Colin the Caterpillar, £6, Marks & Spencer

Family treats

White and caramel chocolate egg sandwiches, £10 each, hotelchocolat.com

Patty the Panda with a white chocolate egg, £4, Tesco

Scandinavian style metal eggs filled with liquorice, £1.20 each, Netto

Compiled by **Paula Jones**

TRY IT NOW

"IT'S TRULY AMAZING"

Denise W, Telford

♡ ♡ ♡ ♡ ♡

"NEVER TASTED ANYTHING AS GOOD"

Carol W, Bolton

☆ ☆ ☆ ☆ ☆

"A REAL WINNER"

Connie M, Glasgow

♡ ♡ ♡ ♡ ♡

"IT'S HEAVEN ON A SPOON"

Angela W, Stockport

☆ ☆ ☆ ☆ ☆

"SO CREAMY IT'S SHEER BLISS"

Nicole S, home Hawaii, heart London

♡ ♡ ♡ ♡ ♡

TV GOSS

Game Th

A BLUFFE

To mark the return of the wildly popular HBO show on Sky Atlantic, we've compiled a dummy's guide to bring you up to speed on all things Westeros. Box sets at the ready…

WATCH THE THRONE

In a nutshell, *Game of Thrones* is a cross between *EastEnders* and *Lord Of The Rings*.

Sure, being a fantasy drama set in a make-believe land, it borders on geeky, but the drama, fights and forbidden romances that ensue make Albert Square's residents look dull in comparison.

Set in Westeros, the story follows the various family houses, all of which are battling to be crowned ruler of the iron throne after the death of the king.

Among those competing are The Starks from the North, The Lannisters, who live in King's Landing and the Targaryens in the east.

QUICK CATCH-UP

SEASON ONE

After King Robert Baratheon's death, his son Joffrey (Jack Gleeson) becomes heir.

However, Joffrey isn't Robert's son – he's the result of an incestuous relationship between sister and brother Cersei (Lena Headley) and Jaime Lannister and an almighty battle for the throne ensues.

Evil Joffrey terrorizes King's Landing and it's off with his head for Stark patriarch Ned (Sean Bean) when he discovers the "twincest".

Cersei has an incestuous relationship with her twin Jaime Lannister

SEASON TWO

Ned's son Robb Stark sets off to avenge his father's death and take back the throne, while rescuing sisters Arya (Maisie Williams), and Sansa from Joffrey's clutches.

Robb's brother Jon Snow (Ned's illegitimate son) joins the Night's Watch who guard The Wall from tribes, including the Wildlings and icy zombies, the White Walkers. On an expedition beyond The Wall, Jon falls in love with Ygritte, a Wildling.

Meanwhile, we see Daenerys Targaryen, otherwise known as Khaleesi (Emilia Clarke), in her own bid to snatch the throne as she starts her journey to King's Landing.

DID YOU KNOW?

Based on the best-selling fantasy novels A Song Of Ice and Fire by George R.R. Martin, the series first aired in 2011 and is the most illegally downloaded series ever.

Joffrey was poisoned at his wedding to Margaery Tyrell in season four

HAVEN'T WE SEEN YOU SOMEWHERE?

The show clearly got a BOGOF deal when it came to recruiting the role of Daenerys' maids. Roxanne McKee, who played *Hollyoaks*' Louise Summers, was the deceiving Doreah, before being replaced by Missandei, played by Nathalie Emmanuel, the soap's Sasha Valentine.

Lily Allen's brother Alfie (right) is cast in the somewhat unfortunate role of Theon Greyjoy, minus his manhood, while *Misfits* actor Iwan Rheon plays his captor Ramsay Bolton.

60s pin-up and original *Avengers* star Diana Rigg plays Margaery Tyrell's grandmother Ollena, who's partly responsible for giving Joffrey his much-needed comeuppance.

# of rones: R'S GUIDE

Tyrion and Sansa are forced to marry in season three

DID YOU KNOW?
Fifty baby girls born in the UK last year were named Khaleesi after the headstrong, dragon-loving character. There were also 187 Aryas, seven Brans and three Sandors.

SEASON THREE

After Joffrey casts Sansa aside to marry Margaery Tyrell (Natalie Dormer), she is forced to marry his dwarf uncle Tyrion Lannister (Peter Dinklage).

Over in the east, Daenerys is making good speed, recruiting 8,000 slaves into her army and bagging herself three baby dragons in the process.

The season ends with a wedding, but in true *GoT* style, The Red Wedding sees groom Robb Stark, his new bride, his mum Catelyn (Michelle Fairley) and pretty much his whole army massacred by the Lannisters after he broke a marriage pact with the Frey family.

Brienne of Tarth (Gwendoline Christie) rescues Arya and she sets off to be reunited with her family, but arrives as the murders are taking place.

SEASON FOUR

King Joffrey is sensationally killed off after being poisoned at his own wedding to Margaery – for which his uncle Tyrion and Sansa Stark are wrongly blamed. Sansa flees while Tyrion awaits his fate in prison.

Jaime Lannister rescues Tyrion from prison and once released, he goes on to kill his evil dictator father Tywin. In the meantime, Joffrey's brother Tommen is crowned king.

Across The Wall, Jon Snow switches loyalties and tries to warn the Night's Watch of an impending attack – and during the battle his true love Ygritte is killed.

And those dragons? My, how they've grown...

SEX AND SWORD FIGHTS

There's been more bloodshed than we dare to count – from skull crushings to beheadings and Theon Greyjoy's penis being cut off and delivered to his sister. The show has also raised eyebrows for its sexual content – featuring everything from orgies to incest.

DID YOU KNOW?
Sophie Turner, who plays Sansa Stark, adopted her character's pet direwolf in real life after it 'died' at the hands of King Joffrey in the show. But direwolves have been extinct for about 10,000 years – Sophie's furry friend is actually a Northern Inuit Dog.

THESE FITTIES ARE ANOTHER REASON TO WATCH

Jon Snow (above) played by Kit Harington

Jaime Lannister played by Nikolaj Coster-Waldau

Robb Stark played by Richard Madden

Photos Getty

LOCATION, LOCATION, LOCATION

The show is shot in locations as diverse as Malta, Morocco, Iceland and Dubrovnik in Croatia, which is the home of King's Landing. Tourism in Northern Ireland (where most of the show is filmed) was boosted by £8.6m as a result of the show's popularity.

Emma Hunt

GAME OF THRONES RETURNS TO SKY ATLANTIC ON 13 APRIL AT 9PM

7days

REVEAL'S CARENA CRAWFORD PICKS THIS WEEK'S TV HIGHLIGHTS

ICE RINK ON THE ESTATE

Despite hanging up their *Dancing On Ice* skates, Jayne Torvill and Christopher Dean (pictured) are returning to the rink for this new series. Travelling back to their hometown of Nottingham where they first learned to skate 40 years ago, they want to see if the skill can change the lives of the youngsters in the city the way it changed theirs. Inviting local teens to take part in the creation of an ice-skating show to be held on a pop-up rink in the grounds of a local school, Jayne and Chris are keen to encourage the locals to take part. Will it be a success? And can the Olympic icons inspire a whole new generation?

ITV, THURSDAY 9 APRIL, 9PM

MAD ME

The last series of the 60s drama begins the countdown to the conclusion of the story of troubled ad man Don Draper and his colleagues. Titled *The End Of An Era*, it really is, but details of what happens and how the finale will play out are being kept a close secret. Previously we saw Sterling Cooper Draper Pryce on the verge of a lucrative new deal, despite being in the midst of tragedy, and Peggy was gearing up to show how much she'd learned from Don. Will the deal go ahead? Can Peggy prove herself? And how will it end?

SKY ATLANTIC, THURSDAY 9 APRIL, 10PM

DON'T MISS

John Simm and David Threlfall star in new two-part ITV drama Code Of A Killer. It's based on the true story of the discovery of DNA fingerprinting and its first use to catch a murderer, on Easter Monday, 9pm.

GEORDIE SHORE

Two newbies are thrown into the mortal mix as Chloe Etherington and Nathan Henry join our fave Geordies to become the talk of the Toon. Queen Vicky is gone, and her fellow original housemate, James, is dropping the bombshell of his exit in the opening episode too. How will he tell his friends? And what reaction will he get? Can Chloe and Nathan ever replace the outgoing housemates? They're certainly going to give it a go as they aim to inject fun, laughter and plenty more drama into an already chaotic house! Will the lasses take Chloe under their wing and teach her their ways? Who will she be tashing on with by the end of the first night? And is Nathan good enough to be welcomed into the buck squad straight away?

MTV, TUESDAY 7 APRIL, 10PM

Photos **Rex Features**

WANT TO BE ON TV?

ITV's Dinner Date are looking for single men and women over 18 who enjoy good food, good company and are up for a laugh. You don't have to be a top chef to take part! Email dinnerdate@hattrick.com to apply.

THE ISLAND WITH BEAR GRYLLS

Bear returns with the ultimate challenge – 28 Britons will have to survive for six weeks on an uninhabited island in the Pacific Ocean. Both men and women are part of the experiment, but they've been separated onto two islands – how will they cope? And how will the different sexes handle everything that's thrown at them? They arrive by boat with just the clothes they're wearing, filming equipment, basic medical supplies, enough water for 24 hours, a few simple tools and key survival training from Bear and his team. They know there's sufficient resources on the island to sustain their existence, but do they have the ingenuity to find and use them?

C4, WEDNESDAY 8 & THURSDAY 9 APRIL, 9PM

THIS WEEK'S SOAP HIGHLIGHTS

EastEnders

KARIN ARRIVES

Karin Smart (Denise Van Outen) arrives in Walford looking for Phil, but a curious Max intercepts her. Totally unaware that all is not as it seems with the glamorous widow, Max immediately sets about making a business deal with her. In true Max Branning style, it's not long before he's leading the beautiful blonde back to his place to mix business with pleasure – but is he about to get hurt?

EASTENDERS, BBC1, MON & FRI, 8PM, TUE & THU, 7.30PM

Coronation Street

ANNA AT BREAKING POINT

Faye can't bond with her baby, despite Anna's encouragement. Owen's convinced Craig's the father and when he visits, Owen demands he confess. As Craig insists he never slept with Faye, Owen attacks him. Anna's furious and when Faye admits she wants to give the baby up for adoption and Owen agrees, Anna feels her family is falling apart.

CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM

Emmerdale

CHAS IN DANGER

Concerned Chas is worried about Aaron when he fails to come home from a run. She confronts Robert and the pair look for him, but Robert is furious Chas' tricked him into revealing his relationship with Aaron is still on. He picks up a stone and is about to hit her over the head with it when they hear Aaron's faint cries – will Chas survive Robert's plan to kill her?

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, FRI, 7PM

Hollyoaks

THERESA CATCHES PATRICK OUT

Theresa sees Patrick's in a state, so takes him home. But as she potters around his flat looking after him, she finds something in the washing machine that startles her – his shirt covered in blood. She makes excuses to leave, leaving Patrick baffled, until he looks in the machine and realises what she's discovered. But what has he done?

HOLLYOAKS, C4, MON-FRI, 6.30PM

WHERE TO BUY

Amazon amazon.co.uk
ASOS asos.com
Bershka bershka.com
Clarks clarks.co.uk
Darling darlingclothes.com
Dorothy Perkins dorothyperkins.com
Dune dunelondon.com
F&F clothingattesco.com
Hush Puppies hushpuppies.com
I Know The Queen iknowthequeen.com
In The Style inthestyle.com
Lavish Alice lavishalice.com
Linzi linzishoes.com
Lipstick Boutique lipstickboutique.co.uk
Marks & Spencer marksandspencer.com
Missguided missguided.co.uk
Miss Selfridge missselfridge.com
New Look newlook.com
Office office.co.uk
Primark primark.com
River Island riverisland.com
Schuh schuh.co.uk
Shoe Zone shoezone.com
Simmi Shoes simmishoes.com
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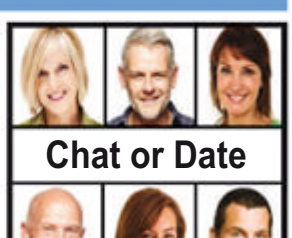
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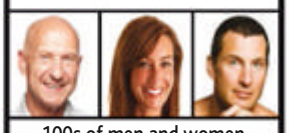
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Love it!

Model and mum-of-three **Alex Gerrard**, 32, on why her footballer husband Steven is her best fitness motivation, life as a WAG and why she's flattered to be compared to Victoria Beckham

FAVE... BEAUTY TIP?

I know everyone says it, but drink lots of water and take your make-up off before bed. I'm paranoid about wrinkles so I scrub my face every day.

STYLE ICON?

Rosie Huntington-Whiteley. She always looks so well put-together and cool. I find it flattering that my style has been compared to Victoria Beckham, but I wish I could dress like her. I couldn't handle heels every day. I'm more of a trainers kind of girl.

CELEBRITY CRUSH?

Matthew McConaughey. He's so handsome in a manly way and doesn't look too groomed. I don't normally like his accent but I like the way he talks. (Steven fancies all of the Victoria's Secret models!)

WORKOUT MOVE?

Kettlebell swings [a heavy metal weight pictured]. I usually try and do three sets of 10 moves. It tones everything, especially my bum! Steven always motivates me to go to the gym, even when we're on holiday. It can be knackering with three children, but I take an iron supplement to keep my energy levels up.

TV SHOW?

I love the American *Real Housewives* series and the Cheshire one. Some are married to footballers but my life's not like that. I don't swig champagne in the bath!

PIECE OF ADVICE?

My mum's always told me to be confident in who I am. I criticise myself when I see bikini pics and the older I get, the more faults I pick. But I usually feel comfortable in how I look and try to keep up my training.

SWEET TREAT?

I like all the old-fashioned puddings and anything with custard. Apple crumble or a nice sponge really does it for me.

Alex uses natural liquid iron supplement Spatone Apple available from Boots and spatone.com

Words **Lauren Hills** Photos **Rex Features**

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